

**THE RELATIONSHIP BETWEEN STRESS LEVELS AND QUALITY OF  
LIFE POST-FLOOD DISASTER IN PRINGANOM VILLAGE,  
MASARAN DISTRICT, SRAGEN REGENCY.**

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**ABSTRACT**

**Background:** Indonesia is a disaster-prone country, particularly susceptible to floods. According to BNPB (2024), floods accounted for approximately 750 out of 1,300 disasters in Indonesia in 2024. In Central Java, flooding is also a significant issue, with 37 incidents recorded in 2023. Sragen Regency reported three flood events in 2024, with Masaran District being one of the affected areas. **Objective:** To analyze the relationship between stress levels and quality of life after flooding in Pringanom Village. **Method:** A quantitative cross-sectional study was conducted with 78 respondents selected using Slovin's formula and cluster random sampling. Data were collected using the PSS-10 and WHOQOL-BREF questionnaires and analyzed using the Spearman Rank test. **Results:** A total of 85.9% of respondents experienced severe or moderately severe stress, while 55.1% reported high quality of life. Analysis revealed a significant positive correlation between stress and quality of life ( $r = 0.227$ ;  $p = 0.046$ ). **Conclusion:** Higher stress levels were associated with higher reported quality of life, influenced by social factors such as community solidarity and post-traumatic growth. These findings highlight the need for psychosocial approaches that strengthen community resilience in the aftermath of disasters.

**Keywords:** Post-Flood Disaster, Quality of Life, Post-Traumatic Growth, Stress