

***THE RELATIONSHIP OF SOCIAL SUPPORT TO STRESS LEVELS
INDONESIAN NURSES AS ELDERLY CAREWORKERS
IN OSAKA, JAPAN***

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ABSTRACT

Background; Careworkers in Japan are one of the jobs that are popular with Indonesian nurses. The results of interviews with careworkers in Osaka, Japan, led to symptoms of work stress, both physical symptoms, mental symptoms, and social symptoms. Previous research stated that caregivers working in Japan experienced low stress levels as many as 6 respondents (17.1%), moderate stress levels as many as 24 respondents (68.6%) and high stress levels as many as 5 respondents (14.3%). **Purpose;** to identify and analyze the relationship between social support and stress levels in Indonesian nurses as elderly caregivers in Osaka, Japan. **Method;** The type of research in this study is quantitative descriptive with a correlation study using the Chi Square statistical test. The total population of the community of caregivers in Japan is 70 people. **Result;** There were 33 careworkers with high social support who had moderate work stress, the Chi Square test obtained a result of 0.003 which means that there is a relationship between social support and work stress in caregivers working in Osaka, Japan. **Conclusion;** There was a positive relationship between social support variables and stress levels of nurses working in hospitals and nursing home facilities in Osaka, Japan.

Keywords: *Careworker, stress level, social support*