

HUBUNGAN *LOCUS OF CONTROL* DENGAN *BURNOUT* PADA PERAWAT DI INSTALANSI GAWAT DARURAT RSUD PASAR REBO

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Abstrak

Perawat sebagai sumber daya manusia kesehatan yang paling banyak di rumah sakit, mengalami tingkat *burnout* paling tinggi. *Locus of Control* dinilai baik dalam mengendalikan *burnout* yang dirasakan oleh perawat. Tujuan penelitian ini untuk mengetahui hubungan *Locus of Control* dengan *Burnout* serta faktor dominan yang mempengaruhi *Burnout* pada perawat Instalansi Gawat Darurat RSUD Pasar Rebo. Penelitian ini menggunakan desain dengan pendekatan *cross sectional*. Penelitian dilakukan kepada 29 perawat, dengan teknik pengambilan *total sampling*. Analisa data menggunakan Korelasi *Product Moment*, Uji Korelasi *Pearson*, dan Regresi Linear Berganda. Hasil penelitian didapatkan mayoritas perawat (n=29) berada dalam tingkat *burnout* ringan. Hasil Uji F diperoleh F hitung sebesar 7,266 dengan *p value*= 0,003 diartikan bahwa *Locus of Control* Internal dan *Locus of Control* Eksternal secara simultan berpengaruh terhadap *Burnout* pada perawat di Instalansi Gawat Darurat RSUD Pasar Rebo. Namun, secara parsial hanya *Locus of Control* Eksternal yang berpengaruh terhadap *Burnout* (*p value*= 0,001). Kesimpulan dari penelitian ini *Locus of Control* eksternal berhubungan dengan *burnout* pada perawat di Instalansi Gawat Darurat RSUD Pasar Rebo. Diharapkan RSUD Pasar Rebo menciptakan lingkungan kerja dan kualitas kepemimpinan yang baik dalam mencegah dan menangani *burnout* yang lebih parah.

Kata Kunci: *Burnout* perawat, Karakteristik Perawat, *Locus of Control*.

RELATIONSHIP LOCUS OF CONTROL WITH BURNOUT IN NURSES IN EMERGENCY INSTALLATION OF PASAR REBO HOSPITAL

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Abstract

Nurses, as the most health human resources in hospitals, experience the highest burnout rates. Locus of Control is rated good at controlling burnout felt by nurses. The purpose of this study was to determine the relationship of Locus of Control with Burnout as well as the dominant factors that affect Burnout in nurses of Emergency Installation of Pasar Rebo Hospital. This study uses a cross sectional design. The research was conducted to 29 nurses, with total sampling techniques. Data analysis uses Product Moment Correlation, Pearson Correlation Test, and Multiple Linear Regressions. The results found that the majority of nurses (n=29) were in mild burnout levels. Test Result F obtained F count of 7,266 with p value= 0.003 means that Internal and External Locus of Control simultaneously affect Burnout on nurses in the Emergency Installation of Pasar Rebo Hospital. However, partially only the External Locus of Control affects Burnout (p value= 0.001). The conclusion of this study locus of external control is related to burnout in nurses in the Emergency Installation of Pasar Rebo Hospital. It's expected that Pasar Rebo Hospital creates a working environment and good leadership qualities in preventing and handling more severe burnouts.

Keywords: Locus of Control, Nurse Burnout, Nurse Characteristics.