

# HUBUNGAN BEBAN KERJA DAN STRES KERJA PERAWAT TERHADAP KEPATUHAN HAND HYGIENE MASA PANDEMI COVID-19 DI RSUD CILICING

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## Abstrak

Perawat sebagai pemeran utama dalam upaya pencegahan dan pengendalian infeksi. *Hand Hygiene* dikenal sebagai langkah sederhana dan paling efektif dalam mencegah dan mengendalikan penyebaran infeksi di fasilitas kesehatan. *Outbreak* Pandemi COVID-19 menunjukkan tingginya angka penyebaran virus. Dalam hal ini *hand hygiene* memiliki peranan yang sangat penting. Beban kerja dan stres kerja perawat berpengaruh terhadap kepatuhan perawat dalam melaksanakan *hand hygiene*. Tujuan penelitian ini untuk menganalisa hubungan beban kerja dan stres kerja perawat terhadap kepatuhan *hand hygiene* pada masa Pandemi COVID-19 di RSUD Cilicing. Jenis penelitian kuantitatif dengan desain penelitian deskriptif analitik menggunakan pendekatan penelitian *cross-sectional*. Teknik pengambilan sampel yang digunakan adalah *total sampling* dengan jumlah 22 responden. Analisa dengan uji *chi-square* didapatkn hasil adanya hubungan yang signifikan antara beban kerja ( $P\ value = 0,008$ ) dan stres kerja ( $P\ value = 0,006$ ) perawat dengan kepatuhan *hand hygiene* masa Pandemi COVID-19. Analisa regresi logistik multivariabel didapatkan hasil beban kerja ( $P\ value = 0,063$ ) dan stres kerja ( $P\ value = 0,039$ ) mempunyai hubungan bermakna dengan kepatuhan *hand hygiene* perawat dengan stres kerja sebagai variabel dominan yang mempengaruhi. Perawat pelaksana diharapkan dapat melakukan relaksasi untuk dapat mengurangi stres kerja pada masa Pandemi COVID-19.

**Kata Kunci :** Beban Kerja, Kepatuhan *Hand Hygiene*, Perawat, Pandemi COVID-19, Stres Kerja

# **RELATIONSHIP WORKLOAD AND JOB STRESS OF NURSES WITH HAND HYGIENE COMPLIANCE DURING PANDEMIC COVID-19 AT CILINCING JAKARTA GENERAL HOSPITAL**

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## **Abstract**

Nurses play major role in infection prevention and control. Hand hygiene is known as the most effective measure in preventing and controlling the spread of infection in health facilities. The outbreak of COVID-19 has caused high number of virus spreads, in this situation hand hygiene has a very important role. The workload and work stress of nurses can affect nurses hand hygiene compliance. The purpose of this study was to analyze the relationship between workload and job stress of nurses with hand hygiene compliance during the Pandemic COVID-19 at Cilincing Hospital. This research is quantitative research with analytical descriptive using a cross-sectional. Sampling technique used is total sampling with total of 22 respondents join this research. Chi-square test used to analyze the data. The results of this study indicate that there is a significant relationship between workload (*P value* = 0,008) and job stress (*P value* = 0,006) of nurses with hand hygiene compliance. Multivariate logistic regression showed that workload (*P value* = 0,063) and job stress (*P value* = 0,039) had significant relationship with hand hygiene compliance among nurses which job stress as dominant variable influencing compliance. Nurses should do relaxation to reduce job stress while facing Pandemi COVID-19.

**Keywords:** Nurses, Workload, Job stress, Hand Hygiene Compliance, Pandemic COVID-19