

HUBUNGAN BEBAN KERJA DAN TINGKAT STRES SELAMA PANDEMI COVID-19 DENGAN *BURNOUT SYNDROME* PADA PERAWAT DI RUMAH SAKIT RUJUKAN COVID-19 RSUD PASAR REBO TAHUN 2021

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Abstrak

Selama masa pandemi Covid-19, perawat dihadapkan dengan banyaknya tugas dan paparan langsung dengan pasien positif Covid-19. Beban kerja dan tingkat stres yang tinggi pada perawat, dapat mengarah pada kejadian *burnout syndrome*. Hal tersebut akan berdampak pada produktivitas kerja dan kualitas perawatan medis. Penelitian ini bertujuan untuk mengetahui hubungan antara beban kerja dan tingkat stres dengan *burnout syndrome* pada perawat di RSUD Pasar Rebo. Desain penelitian kuantitatif analitik observasional, dengan pendekatan *cross-sectional*. Jumlah sampel sebanyak 85 perawat RSUD Pasar Rebo, menggunakan teknik *purposive sampling*. Data diambil dengan pengisian kuesioner secara *online* melalui *google form* pada bulan Juli 2021. Analisa data menggunakan uji *chi-square* dengan nilai signifikansi $< 0,05$. Hasil penelitian menunjukkan 58,8% perawat dengan beban kerja berat, 57,6% perawat dengan tingkat stres ringan, dan 62,4% perawat dengan *burnout syndrome* ringan. Adanya hubungan yang signifikan antara beban kerja ($p\text{ value} = 0,002$) dan tingkat stres ($p\text{ value} = 0,000$) dengan *burnout syndrome* pada perawat. Saran bagi institusi penelitian ialah penambahan jumlah perawat, penerapan program intervensi komunitas, dan pelatihan manajemen stres.

Kata Kunci : *burnout*, beban kerja, perawat

THE RELATIONSHIP OF WORKLOAD AND STRESS LEVEL DURING THE COVID-19 PANDEMIC WITH BURNOUT SYNDROME ON NURSES IN COVID-19 REFERRAL HOSPITAL OF PASAR REBO GENERAL HOSPITAL IN 2021

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Abstract

During the covid-19 pandemic, nurses are faced with many tasks and direct exposure to Covid-19 positive patients. High workloads and stress levels of nurses, can lead to burnout syndrome. That will have an impact on work productivity and the quality of medical care. Therefore, this study aims to find out the relationship of workload and stress level with burnout syndrome on nurses in Pasar Rebo General Hospital. The design of the study used quantitative analytic observational with a cross-sectional approach. The total samples of the study were 85 nurses of Pasar Rebo General Hospital with a purposive sampling technique. The data were obtained by filling out questionnaires online via google form in July 2021. The data analysis used the chi-square test with significance value of $< 0,05$. The results of the study showed 58.8% of nurses with a heavy workload, 57.6% of nurses with a mild stress level, and 62.4% of nurses with mild burnout syndrome. The significant relationship of workload (p-value = 0.002) and stress level (p-value = 0.000) with burnout syndrome on nurses was obtained. Suggestions for research institutions are increasing the number of nurses, the implementation of the community intervention program and the implementation of stress management training.

Keywords: burnout, workload, nurse