FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KELELAHAN PERAWAT RAWAT INAP RS MARINIR CILANDAK PADA MASA PANDEMI COVID-19 TAHUN 2021

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Abstrak

Tujuan penelitian ini adalah mengetahui hubungan faktor individu dan faktor pekerjaan terhadap kelelahan pada perawat Rawat Inap RS Marinir Cilandak. Penelitian ini menggunakan desain studi *cross sectional*. Analisis data yang digunakan yaitu uji *chi-square* dan uji *Fisher Probability Exact Test*. Teknik *sampling* yang digunakan yaitu *purposive sampling*. Jumlah sampel penelitian ini sebanyak 80 perawat rawat inap RS Marinir Cilandak. Hasil analisis univariat menunjukkan perawat rawat inap lebih banyak mengalami kelelahan ringan 58,8%, berjenis kelamin perempuan sebanyak 91,2%, berusia $\geq$ 35 tahun sebanyak 51,2%, status gizi tidak normal sebanyak 52,5%, masa kerja <13 tahun sebanyak 51,2%, dan beban kerja mental berat sebanyak 53,8%. Hasil analisis bivariat menunjukkan bahwa terdapat hubungan antara usia (p=0,003), status gizi (p=0,019), dan beban kerja mental (p=0,03). Faktor jenis kelamin (p=0,439) dan faktor masa kerja (p=1) tidak terdapat hubungan dengan kelelahan kerja. Para perawat disarankan menggunakan waktu istirahat dengan sebaik mungkin, mengonsumsi gizi seimbang, memanfaatkan waktu tidur dengan efisien, serta melakukan peregangan otot agar meminimalkan risiko kelelahan kerja pada perawat.

Kata kunci : kelelahan kerja, perawat, Covid-19, beban kerja mental

FACTORS RELATED TO FATIGUE IN INPATIENT NURSES AT THE CILANDAK MARINE HOSPITAL DURING THE COVID-19 PANDEMIC IN 2021

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Abstract

The purpose of this study was to analyse the assocciation between individual factors and work factors on fatigue in inpatient nurses at the Cilandak Marine Hospital. This study used a cross sectional study design. The data analysis used in this research is the chi-square and the Fisher Probability Exact Test. The sampling technique used is purposive sampling. The number of samples in this study were 80 inpatient nurses. The results of univariate analysis showed that inpatient nurses experienced more light fatigue 58.8%, female sex as much as 91,2%, age 35 years as many as 51,2%, abnormal nutritional status as much as 52,5%, working period <13 years as much as 51,2%, and heavy mental workload as much as 53,8%. The results of the bivariate analysis showed that there was a assocciation between age (p=0.003), nutritional status (p=0.019), and mental workload (p=0.03). Sex (p=0.439) and working period (p=1) had no assocciation with work fatigue. Nurses are advised to use rest time as well as possible, consume balanced nutrition, and utilize sleep time efficiently to minimize the risk of work fatigue for nurses.

Keywords: work fatigue, nurses, Covid-19, mental workload