CASE STUDY MENURUNKAN STRES KERJA PERAWAT DENGAN TERAPI SELF HEALING MELALUI METODE EXPRESSIVE WRITING THERAPY DI RUANG MAHONI I RUMAH SAKIT BHAYANGKARA TK.I RADEN SAID SUKANTO

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Abstrak

Stres adalah respons fisik dan emosional terhadap tuntutan yang dibuat pada seseorang oleh lingkungannya. Tingginya stres kerja perawat dapat berpengaruh terhadap kualitas pelayanan keperawatan. Hasil observasi yang dilakukan oleh penulis di Ruang Mahoni I Rumah Sakit Bhayangkara Tk.I Raden Said Sukanto menunjukkan terdapat dari 14 perawat yang bertugas terdapat 7 perawat (50%) yang memiliki stres ringan, 5 perawat yang memiliki stres kuat (35,7%) dan 2 perawat (14,3%) yang termasuk dalam kategori stres normal. Berdasarkan hasil tersebut penulis melakukan penerapan *evidence based nursing* berupa terapi *self healing* menggunakan metode *expressive writing therapy* pada 5 perawat yang memiliki stres kuat. Pemberian terapi *self healing* menggunakan *expressive writing therapy* dilakukan selama 3 hari berturut-turut dengan durasi selama 20 menit setiap sesinya. Hasil posttest setelah penerapan terapi *self healing* menggunakan metode *expressive writing therapy* menunjukkan bahwa terdapat 1 perawat (20%) yang masih termasuk dalam kategori stres kuat dan 3 perawat (80%) termasuk dalam kategori tingkat stres yang ringan. Hal tersebut menunjukkan bahwa penerapan evidence based berupa terapi *self healing* menggunakan metode *expressive writing* therapy terbukti dapat mengatasi stres kerja pada perawat. Penulis berharap perawat dapat mengimplementasikan terapi *self healing* menggunakan metode *expressive writing therapy* untuk mengatasi stres kerja.

Kata Kunci: *Expressive writing therapy*, Self healing, Stres kerja perawat

CASE STUDY REDUCE NURSE'S WORK STRESS WITH SELF HEALING THERAPY THROUGH EXPRESSIVE WRITING THERAPY METHOD IN MAHONY ROOM I BHAYANGKARA HOSPITAL TK.I RADEN SAID SUKANTO

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Abstract

Stress is a physical and emotional response to the demands made on a person by his environment. The high work stress of nurses can affect the quality of nursing services. The results of observations made by the author in Mahogany Room I Bhayangkara Tk.I Hospital Raden Said Sukanto showed that from 14 nurses on duty there were 7 nurses (50%) who had mild stress, 5 nurses who had strong stress (35.7%) and 2 nurses (14.3%) who were included in the normal stress category. Based on these results, the authors applied evidence-based nursing in the form of self-healing therapy using the expressive writing therapy method on 5 nurses who had strong stress. Self-healing therapy using expressive writing therapy was carried out for 3 consecutive days with a duration of 20 minutes per session. The posttest results after implementing self-healing therapy using the expressive writing therapy method showed that there were 1 nurse (20%) who was still in the category of strong stress and 3 nurses (80%) were included in the category of mild stress. This shows that the application of evidence-based self-healing therapy using expressive writing therapy has been proven to be able to overcome work stress on nurses. The author hopes that nurses can implement self-healing therapy using expressive writing therapy methods to deal with work stress.

Keywords: Expressive writing therapy, Self healing, Nurse work stress