

**CASE STUDY MENGATASI STRES KERJA PERAWAT
DENGAN TERAPI *SPIRITUAL EMOTIONAL FREEDOM
TECHNIQUE* (SEFT) PADA PERAWAT DI RUANG CENDANA
I RUMAH SAKIT BHAYANGKARA TK.I RADEN SAID
SUKANTO**

Lilis Dwi Septiani

Abstrak

Stres kerja perawat adalah salah satu yang dirasakan oleh perawat saat bekerja. Masalah ini perlu diatasi karena tingginya stres kerja perawat dalam mengganggu produktivitas kerja perawat dan akan berdampak pada kualitas pelayanan keperawatan. Hasil observasi yang dilakukan oleh penulis di Ruang Cendana I Rumah Sakit Bhayangkara Tk.I Raden Said Sukanto menunjukkan terdapat dari 13 perawat yang bertugas terdapat 7 perawat (54%) yang memiliki stres ringan, 3 perawat yang memiliki stres kuat (23%) dan 3 perawat (23%) yang termasuk dalam kategori stres normal. Berdasarkan hasil tersebut penulis melakukan penerapan *evidence based nursing* berupa terapi *spiritual emotional freedom technique* (SEFT) pada 3 perawat yang memiliki stres kuat. Pemberian terapi SEFT dilakukan selama 3 hari berturut-turut dengan durasi selama 20 menit setiap sesinya. Hasil posttest setelah penerapan terapi *spiritual emotional freedom technique* (SEFT) menunjukkan bahwa terdapat 1 perawat (33%) yang masih termasuk dalam kategori stres kuat dan 2 perawat (64%) termasuk dalam kategori tingkat stres yang ringan. Hal tersebut menunjukkan bahwa penerapan *evidence based nursing* berupa terapi SEFT terbukti dapat mengatasi stres kerja pada perawat. Penulis berharap perawat dapat menerapkan terapi SEFT ketika mengalami stres kerja.

Kata Kunci: *Spiritual emotional freedom technique* (SEFT), Stres kerja, Stres perawat

CASE STUDY OVERCOMING NURSES WORK STRESS WITH SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) THERAPY ON NURSES IN CENDANA ROOM I BHAYANGKARA HOSPITAL TK.I RADEN SAID SUKANTO

Lilis Dwi Septiani

Abstract

Nurse job stress is one that nurses feel at work. This problem needs to be addressed because the high work stress of nurses interferes with the work productivity of nurses and will have an impact on the quality of nursing services. The results of observations made by the author in Cendana Room I Bhayangkara Tk.I Hospital Raden Said Sukanto showed that from 13 nurses on duty there were 7 nurses (54%) who had mild stress, 3 nurses who had strong stress (23%) and 3 nurses. nurses (23%) who fall into the category of normal stress. Based on these results, the authors applied evidence based nursing in the form of spiritual emotional freedom technique (SEFT) therapy on 3 nurses who had strong stress. SEFT therapy was administered for 3 consecutive days with a duration of 20 minutes per session. The posttest results after the application of spiritual emotional freedom technique (SEFT) showed that 1 nurse (33%) was still in the category of strong stress and 2 nurses (64%) were in the category of mild stress. This shows that the application of evidence based nursing in the form of SEFT therapy is proven to be able to overcome work stress on nurses. The author hopes that nurses can apply SEFT therapy when experiencing work stress.

Keywords: Spiritual emotional freedom technique (SEFT), Job Stres, Nurse Stres