

EFEKTIVITAS TERAPI YOGA PRANAYAMA TERHADAP PENURUNAN TINGKAT STRES KERJA PERAWAT DI RUANG HEMODIALISA RS BHAYANGKARA TK I RADEN SAID SUKANTO

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Abstrak

Stres kerja adalah suatu respon fisik dan psikis yang dirasakan perawat akibat adanya tekanan dalam suatu pekerjaan dan dapat mempengaruhi kinerja serta kualitas pemberian pelayanan asuhan keperawatan sehingga masalah tersebut harus diatasi. Berdasarkan data yang didapatkan oleh penulis bahwa terdapat 3 orang perawat dari 8 orang perawat di ruang hemodialisa RS Bhayangkara TK.I R.Said Sukanto mengalami stres kerja tinggi. Oleh karena itu, penulis melakukan intervensi terapi yoga pranayama kepada 3 perawat sebagai bentuk manajemen stres. Studi kasus ini diawali dengan tahap penyebaran kuesioner stres kerja sebagai *pre test* sebelum diberikan terapi yoga pranayama menggunakan kuesioner Alat Ukur Stres kerja *Occupational Stress Inventory-Revised Edition* (OSI-R), setelah itu penulis mengimplementasikan terapi yoga pranayama kepada perawat yang mengalami stres kerja tinggi. Terapi yoga pranayama diberikan selama 4 hari dengan durasi 10 menit setiap sesinya. Setelah diberikan terapi, kuesioner disebarkan kembali sebagai *post test* untuk mengetahui gambaran efektivitas terapi yoga pranayama terhadap stres kerja perawat. Hasil *post test* yang didapatkan menunjukkan bahwa adanya penurunan stres kerja perawat yang diberikan terapi yoga pranayama dengan ditandai adanya hasil perbandingan sebanyak 37-44 skor. Terapi yoga pranyama ini disarankan bagi perawat dalam mengatasi stres kerja dan menjadi salah satu terapi relaksasi ataupun terapi komplementer sebagai bentuk manajemen stres.

Kata Kunci : Perawat, stres kerja, terapi yoga pranayama

**EFFECTIVENESS OF PRANAYAMA YOGA THERAPY ON
REDUCING NURSES' OCCUPATIONAL STRESS LEVELS IN
THE HEMODIALYSIS ROOM BHAYANGKARA HOSPITAL I
RADEN SAID SUKANTO**

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Abstract

Work stress is a physical and psychological response that is felt by nurses due to pressure in a job and can affect the performance and quality of providing nursing care services so that this problem must be overcome. Based on the data obtained by the author that there were 3 nurses out of 8 nurses in the hemodialysis room at Bhayangkara Hospital TK.I R.Said Sukanto experiencing high work stress. Therefore, the authors conducted a pranayama yoga therapy intervention for 3 nurses as a form of stress management. This case study begins with the stage of distributing work stress questionnaires as a pre test before being given yoga pranayama therapy using the Occupational Stress Inventory-Revised Edition (OSI-R) Work Stress Measurement Toolkit, after which the author implements yoga pranayama therapy for nurses who experience high work stress. . Pranayama yoga therapy is given for 4 days with a duration of 10 minutes each session. After being given therapy, the questionnaire was redistributed as a post test to find out the description of the effectiveness of pranayama yoga therapy on nurses' work stress. The post-test results obtained showed that there was a decrease in work stress for nurses who were given yoga pranayama therapy, marked by a comparison of 37-44 scores. Yoga pranayama therapy is recommended for nurses to deal with work stress and be a relaxation therapy or complementary therapy as a form of stress management.

Keywords: Nurse, work stress, pranayama yoga therapy