

**PENERAPAN *EVIDENCE BASED NURSING (EBN)* METODE
SAFETY MORNING TALK DENGAN MANAJEMEN STRES:
TERAPI *SELF TALK* DAN TERAPI TERTAWA DALAM
MENGATASI STRES KERJA PERAWAT DI RUANG
HEMODIALISA RSUD DR. CHASBULLAH ABDULMADJID
KOTA BEKASI**

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Abstrak

Stres adalah suatu respon dan tanggapan emosional baik secara fisik dan mental akibat ketidaksesuaian antara keterampilan diri dengan tuntutan yang diterima. Hasil kuesioner menunjukkan bahwa 3 orang perawat (60%) dalam kategori tingkat stres berat dan 2 orang perawat (40%) dalam kategori tingkat stres ringan. Berdasarkan hasil tersebut maka penulis bertujuan untuk menerapkan metode *safety morning talk* dengan manajemen stres: terapi *self talk* dan terapi tertawa. Studi kasus diawali dengan menyebarkan kuesioner *Expanded Nurses Stress Scale (ENSS)* yang telah dimodifikasi, setelah terkumpulnya data stres kerja perawat maka selanjutnya penulis melakukan implementasi sesuai dengan *Evidence Based Nursing (EBN)* metode *safety morning talk* dengan manajemen stres: terapi *self talk* dan terapi tertawa. Intervensi dilakukan selama 3 hari berturut-turut dengan durasi setiap sesi selama 10 menit. Hasil *posttest* menunjukkan adanya penurunan tingkat stres kerja perawat sebanyak 7-14 skor point hasil *pretest* dan *posttest*. Penulis berharap perawat dapat mengimplementasikan penerapan *evidence based nursing* metode *safety morning talk* dengan manajemen stres: terapi *self talk* dan terapi tertawa dalam mengatasi stres kerja.

Kata Kunci: Manajemen Stres, *Safety morning talk*, Stres kerja perawat

**THE APPLICATION OF EVIDENCE BASED NURSING (EBN)
SAFETY MORNING TALK METHOD WITH STRESS
MANAGEMENT: SELF TALK THERAPY AND LAUGHTER
THERAPY IN OVERCOMING NURSE OCCUPATIONAL
STRESS IN THE HEMODIALYSIS ROOM DR. CHASBULLAH
ABDULMADJID BEKASI CITY HOSPITAL**

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Abstract

Stress is a response and emotional responses both physically and mentally resulting from a mismatch between self-skills and the demands received. The results of the questionnaire showed that 3 nurses (60%) were in the high stress category and 2 nurses (40%) were in the mild stress category. Based on these results, the authors aim to apply the safety morning talk method with stress management: self talk therapy and laughter therapy. The case study begins by distributing the modified Expanded Nurses Stress Scale (ENSS) questionnaire, after collecting data on nurses' work stress, the authors then implement it in accordance with Evidence Based Nursing (EBN) safety morning talk method with stress management: self talk therapy and laughter therapy . The intervention was carried out for 3 consecutive days with a duration of 10 minutes each session. The results of the posttest showed a decrease in the level of work stress for nurses as much as 7-14 point scores from the pretest and posttest results. The author hopes that nurses can implement the application of evidence based nursing safety morning talk methods with stress management: self talk therapy and laughter therapy in dealing with work stress.

Keyword: Stress Management, Safety morning talk, Nurse work stress