

PERBEDAAN TINGKAT STRES ANTARA PERAWAT INSTALASI GAWAT DARURAT (IGD) DAN PERAWAT *INTENSIVE CARE UNIT* (ICU) UMUM DI RSU SANTO ANTONIUS KOTA PONTIANAK

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Abstrak

Stres adalah suatu respon emosional dan fisik terhadap berbagai stresor. Stres dapat dialami oleh tenaga kesehatan di unit pelayanan rumah sakit, khususnya perawat IGD dan perawat ICU Umum. Sumber stres kerja perawat dapat dikarenakan beban kerja berlebihan, kesulitan berhubungan dengan staf lain, kesulitan merawat pasien kritis, kurangnya persiapan, ragu-ragu dalam memberikan pengobatan, serta masalah yang disebabkan oleh pasien dan keluarganya. Tingkat stres yang dialami berupa tingkat stres rendah, sedang, dan tinggi. Tujuan dari penelitian ini untuk mengetahui perbedaan tingkat stres antara perawat IGD dan perawat ICU di RSU Santo Antonius Kota Pontianak. Penelitian ini bersifat analitik observasional yang menggunakan desain *cross sectional* dengan variabel bebas perawat IGD dan perawat ICU Umum, sedangkan variabel terikatnya tingkat stres. Jumlah sampel penelitian yang diambil sebanyak 27 perawat IGD dan 31 perawat ICU menggunakan teknik *purposive sampling* sesuai dengan kriteria inklusi dan eksklusi yang ditentukan. Hasil analisis data dengan uji *Mann-Whitney* menggunakan SPSS 20.0 menunjukkan p value = 0,21, artinya tidak ada perbedaan yang signifikan tingkat stres antara perawat IGD dan perawat ICU Umum di RSU Santo Antonius Kota Pontianak. Penelitian ini memberikan rekomendasi perawat IGD dan perawat ICU untuk melakukan manajemen stres yang tepat sehingga meminimalisir stres kerja.

Kata Kunci : Tingkat Stres, Perawat IGD, Perawat ICU.

THE DIFFERENCE OF STRESS LEVEL BETWEEN EMERGENCY ROOM (E.R) AND INTENSIVE CRITICAL UNIT (I.C.U) CARE NURSES IN RSU SANTO ANTONIUS PONTIANAK

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Abstract

Stress is emotional and physical response against many stressors. Stress can be experienced by health workers in hospital unit service, particularly emergency room and critical care unit nurses. The sources of the stress can be caused by excessive workload, difficulties to associate with other staff, difficulties in caring the critical patients, inadequate preparation, hesitation concerning patients treatment, and problems caused by patients and their family. The stress levels are varied; from low, moderate, and high. The purpose of this research is to find out the difference of stress level between emergency room (E.R) and intensive critical unit (I.C.U) care nurses in RSU Santo Antonius Pontianak. This research used analytical observational with cross sectional method which the independent variable are emergency room and intensive care critical care nurses and dependent variable that is the stress level. The samples of the research were 27 emergency room (E.R) nurses and 31 intensive critical unit (I.C.U) care nurses by purposive sampling technique according to inclusion and exclusion were defined. The result of the analysis data with Mann-Whitney test and SPSS 20.0 showed ρ value = 0,21 which means there is no difference in stress level between emergency room (E.R) nurses and intensive critical unit (I.C.U) care nurses in RSU Santo Antonius Pontianak. This research recommends to emergency room (E.R) nurses and intensive critical unit (I.C.U) care nurses to have good management of stress to minimize work stress.

Keywords : Stress Level, Emergency Room Nurses, Intensive Critical Unit Care Nurses.