

# **EFEKTIVITAS PROGRAM INTERVENSI FISIK DAN MENTAL DALAM PENGENDALIAN STRES KERJA PERAWAT DI IGD RUMAH SAKIT BHAYANGKARA TK.I RADEN SAID SUKANTO**

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## **Abstrak**

Stres kerja merupakan risiko terhadap kesehatan dan keselamatan pekerja ketika pekerjaan dilakukan melebihi kapasitas, sumber daya, dan bakat mereka dalam jangka waktu yang lama. Stres kerja perawat yang tidak ditangani akan menimbulkan kinerja yang buruk. Sehingga perlu adanya tindakan khusus untuk mengatasi stres kerja perawat. Penerapan evidence based practice ini bertujuan untuk mengetahui pengaruh program intervensi fisik dan mental dalam mengatasi stres kerja perawat. Subyek dari penerapan evidence based practice ini adalah perawat yang mengalami stres kuat maladaptif di Ruang IGD RS Bhayangkara TK.I Raden Said Sukanto. Implementasi dilakukan selama empat hari berturut-turut dari tanggal 14 sd 17 Maret 2023. Hasil penerapan program intervensi fisik dan mental menunjukkan bahwa terdapat penurunan nilai stres kerja perawat. Berdasarkan hasil uji *paired t-test* yang telah dilakukan oleh penulis, menunjukkan hasil  $p$ -value  $<0.05$ . Nilai tersebut menunjukkan bahwa intervensi fisik dan mental memiliki pengaruh yang signifikan terhadap stres kerja perawat di Ruang IGD RS Bhayangkara TK.I Raden Said Sukanto. Perawat diharapkan dapat menggunakan intervensi ini dalam kehidupan sehari-hari untuk mengurangi rasa stres yang dimiliki.

**Kata Kunci** : Intervensi Fisik, Relaksasi Mental, Stres Kerja

**EFFECTIVENESS OF PHYSICAL AND MENTAL  
INTERVENTION PROGRAMS IN CONTROLLING NURSES'  
OCCUPATIONAL STRESS IN THE IGD BHAYANGKARA  
HOSPITAL TK. I RADEN SAID SUKANTO**

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**Abstract**

Work stress is a risk to the health and safety of workers when the work is done beyond their capacity, resources and talents over a long period of time. Nurse work stress that is not handled will lead to poor performance. So it is necessary to have special actions to overcome the work stress of nurses. The application of evidence based practice aims to determine the effect of physical and mental intervention programs in overcoming nurse work stress. The subjects of this evidence based practice application are nurses who experience strong maladaptive stress in the IGD Room of Bhayangkara Hospital TK.I Raden Said Sukanto. The implementation was carried out for four consecutive days from 14 to 17 March 2023. The results of the implementation of the physical and mental intervention program showed that there was a decrease in the value of work stress for nurses. Based on the results of the paired t-test conducted by the author, the results showed a p-value  $<0.05$ . This value indicates that physical and mental interventions have a significant effect on the work stress of nurses in the IGD Room of Bhayangkara Hospital TK.I Raden Said Sukanto. Nurses are expected to be able to use this intervention in everyday life to reduce their stress.

**Keywords:** Physical Intervention, Mental Relaxation, Work Stress