

**PENERAPAN EFEKTIVITAS GAYATRI EMOTIONAL FREEDOM
TECNIQUE UNTUK MENGATASI KELELAHAN KERJA
PERAWAT HEMODIALISA RUMAH SAKIT
BHAYANGKARA TK.I R.SAID SUKANTO
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Abstrak

Kelelahan kerja ialah mekanisme alami tubuh melakukan perlindungan agar terhindar dari kerusakan lebih lanjut sehingga terjadi pemulihan setelah istirahat. Hasil observasi penulis di ruang hemodialisa Rumah Sakit Bhayangkara TK.I R.Said Sukanto Jakarta, perawat memiliki jam kerja selama 12 jam dengan melakukan asuhan keperawatan kepada 3-6 pasien sehari. Hal ini sejalan dengan hasil kuesioner yang telah disebarakan penulis menggunakan kuesione *Industrial Fatigue Research Commitee Of Japan Association Of Industrial Health (IFRS)* menunjukkan terdapat 6 perawat (67%) kategori kelelahan kerja rendah dan 3 perawat (33%) kategori kelelahan kerja tinggi. Berdasarkan hasil tersebut penulis melakukan penerapan evidence based practice nursing dengan memberikan terapi *gayatri emotional freedom technique* kepada perawat yang merasakan kelelahan kerja tinggi. Penerapan terapi *gayatri emotional freedom technique* dilakukan selama 3 hari dengan durasi selama 10 menit. Hasil post-test setelah dilakukan terapi GEFT didapatkan hasil adanya penurunan kategori kelelahan kerja tinggi ke kategori kelelahan kerja rendah pada 3 perawat (100%). Hasil tersebut terbukti penerapan efektivitas terapi *gayatri emotional freedom technique* dapat mengatasi kelelahan kerja perawat. Diharapkan perawat dapat melakukan terapi *gayatri emotional freedom technique* saat merasakan kelelahan kerja setelah melakukan asuhan keperawatan kepada pasien.

Kata Kunci: *Gayatri Emotional Freedom Tecnique (GEFT)*, Kelelahan Kerja, Perawat

**APPLICATION OF THE EFFECTIVENESS OF GAYATRI
EMOTIONAL FREEDOM TECNIQUE TO OVERCOME
WORK FATIGUE OF HEMODIALYSIS NURSES AT
BHAYANGKARA KINDERGARTEN HOSPITAL. I
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Abstract

Work fatigue is the body's natural mechanism of protection to avoid further damage so that recovery occurs after rest. The results of the author's observations in the hemodialysis room of Bhayangkara Kindergarten Hospital. I R.Said Sukanto Jakarta, a nurse has shift working for 12 hours by doing nursing care to 3-6 patients a day. This is in line with the results of the questionnaire that has been distributed by the author using the *questionnaire Industrial Fatigue Research Commitee Of Japan Association Of Industrial Health (IFRS)* showed that there were 6 nurses (67%) in the low work fatigue category and 3 nurses (33%) in the high work fatigue category. Based on these results, the author applied evidence-based practice nursing by providing *emotional freedom technique therapy* to nurses who felt high work fatigue. The application of *gayatri emotional freedom technique* therapy is carried out for 3 days with a duration of 10 minutes. Post-test results after GEFT therapy resulted in a decrease in the category of high work fatigue to the category of low work fatigue in 3 nurses (100%). With these results, it is proven that the application of the effectiveness of *emotional freedom technique therapy* can overcome nurses' work fatigue. It is expected that nurses can do *emotional freedom technique therapy* when feeling work fatigue after doing nursing care to patients.

Keywords:Gayatri Emotional Freedom Tecnique (GEFT), Nurse, Work Burnout