

**CASE STUDY PENERAPAN *EVIDENCE BASED NURSING* (EBN)  
*EMOTIONAL FREEDOM TECHNIQUE* (EFT) DALAM MANAJEMEN  
STRES KERJA PERAWAT JIWA DI RUANG PERKUTUT RUMAH  
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**Abstrak**

Stres kerja perawat merupakan kondisi yang sering dikeluhkan oleh perawat saat bekerja. Permasalahan yang sebaiknya harus segera teratasi karena tingginya stres kerja dapat berdampak kepada fisik, mental dan kinerja dalam bekerja, serta penurunan kualitas asuhan keperawatan. Hasil Observasi yang dilakukan peneliti kepada 7 perawat didapatkan gambaran stres kerja di Ruang Perkutut menunjukkan 2 perawat mengalami kemungkinan kuat stres maladaptif (28,5%), terdapat 1 perawat mengalami stres dan ketegangan maladaptif yang ringan. (14,5%), terdapat 2 perawat mengalami stres kisaran normal. (28,5%), dan 1 perawat menunjukkan hasil tidak stres (28,5%). Berdasarkan hasil tersebut penulis melakukan penerapan *Evidence Based Nursing* berupa terapi *Emotional Freedom Technique* (EFT) pada 3 perawat dengan tingkat stres ringan hingga kuat. Pemberian terapi EFT dilakukan selama 3 hari dilakukan 1 sesi dalam 1 hari, dengan durasi  $\pm 15$  menit/sesi. Dilakukan *Posttest* setelah diberikan terapi EFT didapatkan hasil 3 perawat (100%) berada dalam kategori stres ringan. Hal tersebut menunjukkan bahwa penerapan EFT dapat mengurangi stres kerja pada perawat. Penulis berharap perawat dapat melakukan EFT saat merasakan stres dalam bekerja secara mandiri ataupun bersama dengan rekan sejawat lainnya.

**Kata Kunci:** *Emotional Freedom Technique* (EFT), Stres kerja perawat.

**CASE STUDY APPLICATION OF *EVIDENCE BASED NURSING (EBN)*  
*EMOTIONAL FREEDOM TECHNIQUE (EFT)* IN OCCUPATIONAL  
STRES MANAGEMENT OF PSYCHIATRIC NURSES IN PERKUTUT  
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**Abstract**

Nurse work stress is a condition that nurses often complain about while working. Problems that should be resolved immediately because high work stress can have an impact on physical, mental and work performance, as well as a decrease in the quality of nursing care. Observations made by researchers on 7 nurses showed that work stress in the Turtledove Room showed that 2 nurses experienced a strong possibility of maladaptive stress (28.5%), 1 nurse experienced mild maladaptive stress and tension. (14.5%), there were 2 nurses experiencing normal range of stress. (28.5%), and 1 nurse showed no stress (28.5%). Based on these results, the authors applied *Evidence Based Nursing* in the form of *Emotional Freedom Technique (EFT)* therapy to 3 nurses with mild to high stress levels. EFT therapy was given for 3 days, 1 session in 1 day, with a duration of  $\pm 15$  minutes/session. A *Posttest* was carried out after being given EFT therapy, the results showed that 3 nurses (100%) were in the mild stress category. This shows that the application of EFT can reduce work stress on nurses. The author hopes that nurses can do EFT when they feel stressed when working independently or with other colleagues.

**Keywords:** *Emotional Freedom Technique (EFT)*, Nurse's work stress.