

# HUBUNGAN *WORK FAMILY CONFLICT* DENGAN *BURNOUT SYNDROME* PADA PERAWAT DI RUANG RAWAT JALAN RSAB HARAPAN KITA JAKARTA TAHUN 2023

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## Abstrak

Adanya kejadian burnout syndrome yang dialami oleh perawat di RSAB Harapan Kita Jakarta menunjukkan bahwa perawat memiliki potensi beban pekerjaan tinggi sehingga cenderung mengalami kejenuhan dan kelelahan secara fisik, mental dan emosional. Konflik antara pekerjaan dan keluarga yang memicu terjadinya burnout syndrome dan berpengaruh terhadap kinerja seseorang. Penelitian ini bertujuan untuk mengetahui hubungan antara *work family conflict* dan variabel lainnya berupa usia, jenis kelamin, status pernikahan, tingkat pendidikan dan masa kerja dengan *burnout syndrome* pada perawat di ruang rawat jalan RSAB Harapan Kita Jakarta. Penelitian ini merupakan penelitian kuantitatif menggunakan desain *cross sectional* dengan analisis uji *chi-square* terhadap 65 perawat yang berada di ruang rawat jalan. Instrumen penelitian yang digunakan dalam penelitian ini adalah kuesioner *The Maslach-Trisni Burnout Inventory* (M-TBI) dan kuesioner *Work Family Conflict Scale* (WFCS). Hasil penelitian menunjukkan bahwa ada hubungan antara usia ( $p=0,050$ ) dan *work family conflict* ( $p=0,035$ ) dengan *burnout syndrome*. Namun, tidak terdapat hubungan antara variabel jenis kelamin ( $p=0,960$ ), status pernikahan ( $p=0,072$ ), tingkat pendidikan ( $p=0,100$ ) dan masa kerja ( $p=1,000$ ) dengan *burnout syndrome*. Kesimpulannya, *work family conflict* dapat memengaruhi *burnout syndrome* pada perawat. Perawat yang mengalami *work family conflict* harus mampu menyeimbangkan pekerjaan dengan kehidupan pribadi agar tidak menjadi pemicu terjadinya *burnout syndrome*.

**Kata Kunci :** *Work Family Conflict*, *Burnout Syndrome*, Perawat

# **THE RELATIONSHIP BETWEEN WORK FAMILY CONFLICT AND BURNOUT SYNDROME OF NURSES IN OUTPATIENT ROOM RSAB HARAPAN KITA JAKARTA 2023**

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## **Abstract**

The prevalence of burnout syndrome among nurses at RSAB Harapan Kita Jakarta indicates that nurses face a substantial workload, leading to physical, mental, and emotional exhaustion. The presence of work family conflict can lead to the development of burnout syndrome, ultimately impacting an individual's performance. The objective of this study is to examine the correlation between work family conflict and various factors including age, gender, marital status, education level, and work experience, with the occurrence of burnout syndrome among nurses working in the outpatient department of RSAB Harapan Kita Jakarta. This quantitative cross-sectional research of 65 outpatient nurses used chi-square test analysis. The Maslach-Trisni Burnout Inventory (M-TBI) questionnaire and the Work Family Conflict Scale (WFCS) questionnaire were used for this study. Age ( $p = 0.050$ ) and work family conflict ( $p = 0.035$ ) were associated with burnout syndrome. However, burnout syndrome was not associated with sex ( $p = 0.960$ ), marital status ( $0.072$ ), education level ( $0.10\%$ ), or job period ( $1.000$ ). In conclusion, work family conflict can affect burnout syndrome in nurses. Nurses who experience work family conflict must be able to balance work with personal life so as not to trigger burnout syndrome.

**Keyword:** Work Family Conflict, Burnout Syndrome, Nurses