

PENERAPAN *MINDFULNESS-BASED BREATHING AND MUSIC THERAPY* DALAM MENGURANGI STRES KERJA PERAWAT DI RUANG HEMODIALISA RSUD TARAKAN JAKARTA

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Abstrak

Stres kerja perawat adalah suatu kondisi ketidaknyamanan seorang perawat akibat tidak sebandingnya tuntutan kerja dengan kemampuan perawat. Tingkat stres kerja yang tinggi mempengaruhi mutu pelayanan yang diberikan oleh perawat kepada pasien, sehingga masalah ini harus segera diatasi. Penulis bertujuan melakukan penerapan *Mindfulness-Based Breathing and Music Therapy* untuk mengurangi tingkat stres kerja perawat. Hasil kuesioner *Expanded Nurses Stress Scale (ENSS)* yang telah disebar kepada 5 perawat diruang Hemodialisa RSUD Tarakan menunjukkan bahwa 3 perawat (60%) mengalami tingkat stres berat, sedangkan 2 perawat (40%) mengalami tingkat stres ringan. Penulis melakukan implementasi *Mindfulness-Based Breathing and Music Therapy* kepada 3 orang perawat yang mengalami tingkat stress berat. Pemberian *Mindfulness-Based Breathing and Music Therapy* dilaksanakan selama 3 hari berturut-turut dengan durasi 30 menit setiap sesi. Hasil *post test* menunjukkan terdapat penurunan tingkat stres perawat dari yang sebelumnya tingkat stres berat menjadi tingkat stres ringan, dengan selisih 9-11 poin antara *pretest* dan *post test*. Penulis berharap perawat dapat menerapkan *Mindfulness-Based Breathing and Music Therapy* untuk mengatasi stres kerja perawat.

Kata Kunci : *Mindfulness-Based Breathing, Music Therapy, Perawat, Stres kerja*

IMPLEMENTATION OF MINDFULNESS-BASED BREATHING AND MUSIC THERAPY IN REDUCING WORK STRESS OF NURSES IN THE HEMODIALYSA ROOM OF TARAKAN HOSPITAL JAKARTA

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Abstract

Nursing work stress is a condition of discomfort for a nurse due to a disproportionate work demand with the nurse's abilities. High levels of work stress affect the quality of service provided by nurses to patients, so this problem must be addressed immediately. The author aims to apply Mindfulness-Based Breathing and Music Therapy to reduce nurses' work stress levels. The results of the Expanded Nurses Stress Scale (ENSS) questionnaire which was distributed to 5 nurses in the Hemodialysis room at Tarakan Regional Hospital showed that 3 nurses (60%) experienced severe levels of stress, while 2 nurses (40%) experienced mild levels of stress. The author implemented Mindfulness-Based Breathing and Music Therapy with 3 nurses who experienced severe levels of stress. Mindfulness-Based Breathing and Music Therapy was provided for 3 consecutive days with a duration of 30 minutes per session. The post test results showed that there was a decrease in nurses' stress levels from previously severe stress levels to light stress levels, with a difference of 9-11 points between the pretest and post test. The author hopes that nurses can apply Mindfulness-Based Breathing and Music Therapy to overcome nurses' work stress.

Keyword: Mindfulness-Based Breathing, Music Therapy, Nursing, Work stress