ANALISIS HUBUNGAN TINGKAT KELELAHAN DENGAN KOMUNIKASI TERAPEUTIK PERAWAT DAN PENGISIAN FORMULIR PEMBERIAN EDUKASI KELUARGA PASIEN SAAT MASUK RUANG INTENSIF

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Abstrak

Latar Belakang: Unit perawatan intensif merupakan ruangan spesifik rumah sakit yang menyediakan penanganan untuk pasien dengan kondisi mengancam jiwa. Jumlah pasien kritis di dunia terus bertambah setiap tahunnya. Meningkatnya kuantitas pasien kritis akan meningkatkan kelelahan pada perawat. Hal ini akan mempengaruhi kualitas pemberian layanan keperawatan termasuk keterampilan komunikasi terapeutik dan ketepatan pengisian formulir edukasi kepada keluarga pasien oleh perawat. Tujuan: menganalisis hubungan antara tingkat kelelahan dengan komunikasi terapeutik dan ketepatan pengisian formulir edukasi keluarga pasien di ruang intensif. Metode penelitian: kuantitatif dengan pendekatan *cross sectional*. Data primer dikumpulkan melalui kuesioner dan observasi langsung terhadap 30 perawat. Kuesioner yang digunakan adalah kuesioner baku *Subjective Self Rating Test* (SSRT) yang teruji validitas dan reliabilitasnya. Uji hipotesis yang digunakan dalam penelitian ini adalah *spearman rank*. Hasil: Terdapat hubungan signifikan (0,016) yang cukup kuat dengan koefisien korelasi -0,434 antara tingkat kelelahan dengan keterampilan komunikasi terapeutik. Terdapat hubungan signifikan (0,566) lemah antara tingkat kelelahan dengan ketepatan pengisian formulir edukasi dengan hasil uji *spearman rank* dengan koefisien korelasi -0,109. Saran: Peneliti merekomendasikan penggunaan *mixed method*, penambahan sampel dan perluasan lokasi penelitian selanjutnya untuk mendapatkan pemahaman yang lebih mendalam tentang hubungan antara kelelahan, komunikasi terapeutik, dan ketepatan pengisian formulir edukasi pada keluarga pasien baru di ICU.

Kata Kunci: Formulir Edukasi Pasien, *Intensive Care Unit*, Komunikasi Terapeutik, Tingkat Kelelahan.

ANALYSIS OF THE RELATIONSHIP BETWEEN FATIGUE LEVEL AND NURSES' THERAPEUTIC COMMUNICATION AND FORM COMPLETION PATIENT'S FAMILY EDUCATION DURING INTENSIVE ROOM ADMISSION

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Abstract

Background: Intensive care units are specific hospital rooms that provide treatment for patients with life-threatening conditions. The number of critical patients in the world continues to grow every year. The increasing quantity of critical patients will increase fatigue in nurses. This will affect the quality of nursing service delivery including therapeutic communication skills and the accuracy of filling out educational forms to the patient's family by nurses. Objective: to analyze the relationship between the level of fatigue with therapeutic communication and the accuracy of filling out the patient's family education form at Pasar Minggu Hospital. Research method: quantitative with cross sectional approach. Primary data were collected through questionnaires and direct observation of 30 nurses. The questionnaire used was the standardized Subjective Self Rating Test (SSRT) questionnaire which was tested for validity and reliability. The hypothesis test used in this study was spearman rank. Results: There is a significant relationship (0.016) which is quite strong with a correlation coefficient of -0.434 between the level of fatigue and therapeutic communication skills. There is a weak significant relationship (0.566) between the level of fatigue and the accuracy of filling out the education form with the results of the spearman rank test with a correlation coefficient of -0.109. Suggestion: We recommend the use of mixed methods, additional samples and expansion of future research locations to gain a deeper understanding of the relationship between fatigue, therapeutic communication, and accuracy of completing educational forms for families of new patients in the ICU.

Keywords: *Patient Education Form, Intensive Care Unit, Therapeutic Communication, Fatigue Level.*