

EFEKTIVITAS PENERAPAN RELAKSASI OTOT PROGRESIF (ROP) TERHADAP *BURNOUT* PERAWAT DI RUANG IGD RSUD TARAKAN JAKARTA

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Abstrak

Instalasi Gawat Darurat (IGD) merupakan bagian terpenting rumah sakit yang beroperasi pelayanan selama 24 jam dengan mayoritas pelayanan dilakukan oleh perawat. Perawat IGD dapat mengalami kelelahan yang dapat berdampak pada kualitas kerja dan berkorelasi dengan kualitas pelayanan keperawatan, sedangkan perawat bertanggung jawab atas keselamatan hidup manusia dan harus memberikan layanan terbaik, sehingga sering mengalami peningkatan angka *burnout* di rumah sakit. Dalam upaya menurunkan angka *burnout* pada perawat di IGD dapat dilakukan teknik non farmakologis salah satunya yaitu penerapan intervensi ROP. Penelitian ini bertujuan untuk mengetahui efektivitas penerapan intervensi ROP terhadap *burnout* perawat di RSUD Tarakan Jakarta. Metode yang digunakan yaitu kuantitatif quasi eksperimental *one group pretest-posttest design* dengan jumlah sampel 33 perawat yang diperoleh menggunakan teknik sampling yaitu *purposive sampling* dengan pemberian intervensi ROP sebanyak 10x selama 2 minggu. Hasil uji Wilcoxon menunjukkan bahwa terdapat efektivitas penerapan intervensi ROP terhadap *burnout* perawat di ruang IGD RSUD Tarakan Jakarta dengan nilai *p value* < 0,001 dengan bukti terjadinya penurunan angka *burnout* pada perawat sesudah diberikan intervensi ROP. Berdasarkan hasil penelitian tersebut maka peneliti merekomendasikan agar perawat IGD khususnya perawat pelaksana agar melakukan terapi non farmakologis ROP yang bermanfaat untuk mengurangi *burnout* khususnya pada parameter kelelahan dan kejenuhan saat melakukan asuhan keperawatan di ruang IGD.

Kata Kunci : ROP, *Burnout*, Perawat

EFFECTIVENESS OF IMPLEMENTING PROGRESSIVE MUSCLE RELAXATION (PMR) ON NURSES' BURNOUT IN THE EMERGENCY ROOM OF TARAKAN RSUD JAKARTA

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Abstract

The Emergency Room (IGD) is the most important part of the hospital which operates services 24 hours a day with the majority of services carried out by nurses. ER nurses can experience fatigue which can impact the quality of work and correlate with the quality of nursing services, while nurses are responsible for the safety of human life and must provide the best service, so that burnout rates often increase in hospitals. In an effort to reduce burnout rates among nurses in the ER, non-pharmacological techniques can be used, one of which is the application of ROP intervention. This study aims to determine the effectiveness of implementing the ROP intervention on nurse burnout at Tarakan Hospital, Jakarta. The method used was a quantitative quasi-experimental one group pretest-posttest design with a sample size of 33 nurses by providing ROP intervention 10 times for 2 weeks obtained using a sampling technique, namely purposive sampling. The results of the Wilcoxon test show that there is effectiveness in implementing the ROP intervention on nurse burnout in the emergency room at Tarakan Regional Hospital, Jakarta with a p value of <0.001 with evidence of a reduction in burnout rates among nurses after being given the ROP intervention. Based on the results of this research, the researchers recommended that emergency room nurses, especially executive nurses, carry out non-pharmacological ROP therapy which is useful for reducing burnout, especially in the parameters of fatigue and boredom when providing nursing care in the emergency room.

Key Words: *PMR, Burnout, Nurse*