

# HUBUNGAN *BURNOUT* DAN *QUALITY OF NURSING WORK LIFE* PADA PERAWAT DENGAN PENERAPAN KESELAMATAN PASIEN DI RUANG RAWAT INAP RSUD TARAKAN JAKARTA

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## Abstrak

Masih adanya sistem keselamatan pasien di rumah sakit belum optimal. Prevalensi IKP dari 2.877 rumah sakit terdapat 12% IKP dengan laporan sebanyak 7.465 insiden mencakup; 38% KNC, 31% KTC, dan 31% KTD. Hal tersebut menunjukkan angka keselamatan pasien di Indonesia tergolong cukup tinggi. Berdasarkan data Komite Mutu di RSUD Tarakan Jakarta, pada tahun 2023 tercatat 20 kasus IKP, terdiri dari KTD dan KNC. Pada awal 2024 hingga pertengahan tahun, tercatat 4 kasus IKP. Hasil wawancara dengan perawat rawat inap mengungkapkan bahwa tingginya beban kerja memicu stres. Tujuan Penelitian ini untuk mengetahui hubungan *burnout* dan *quality of nursing work life* dengan penerapan keselamatan pasien di ruang rawat inap RSUD Tarakan Jakarta. Penelitian ini menggunakan metode cross yang melibatkan 134 sampel dari 174 perawat. Instrumen penelitian meliputi MBI-HSS, QNWL, dan kuesioner penerapan keselamatan pasien. Hasil *uji Chi Square* didapatkan p value 0,004 ( $p < 0,05$ ) yaitu terdapat hubungan antara *burnout* pada perawat dengan penerapan keselamatan pasien serta terdapat hubungan antara *quality of nursing work life* dengan penerapan keselamatan pasien dengan p value  $< 0,001$  ( $p < 0,05$ ). Diharapkan pelayanan kesehatan meningkatkan kesejahteraan mental dan fisik perawat serta menciptakan lingkungan kerja yang suportif melalui afirmasi positif untuk mengoptimalkan keselamatan pasien.

**Kata Kunci:** *Burnout*, Keselamatan Pasien, Perawat, *Quality of Nursing Work Life*, Perawat

**THE RELATIONSHIP BETWEEN BURNOUT AND QUALITY  
OF NURSING WORK LIFE AMONG NURSES AND THE  
IMPLEMENTATION OF PATIENT SAFETY IN THE  
INPATIENT WARDS OF TARAKAN GENERAL HOSPITAL,  
JAKARTA**

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***Abstract***

*Patient safety system in hospitals remains suboptimal. The Prevalence of adverse events across (AE) 2,877 hospitals stand at 12%, with a total of 7.465 reported incidents, consisting of 38% NME, 31% NHI, and 31% AE. Based on data from the Quality Committee at RSUD Tarakan Jakarta, there were 20 Patient Safety Incident (PSI) cases recorded in 2023, consisting of Adverse Events (AE) and Near Misses (NM). From early to mid-2024, 4 PSI cases were reported. Interviews with inpatient nurses revealed that high workload often triggers stress. This study aims to determine the relationship between burnout and the quality of nursing work life with the implementation of patient safety in the inpatient units of RSUD Tarakan Jakarta. This research employed a cross-sectional method with a sample size of 134 nurses out of a population of 174. Research instruments included the MBI-HSS, QNWL, and a patient safety implementation questionnaire. Chi-Square test results showed a significant relationship between nurse burnout and patient safety implementation ( $p=0.004$ ,  $p<0.05$ ), as well as between the quality of nursing work life and patient safety implementation ( $p<0.001$ ,  $p<0.05$ ). It is expected that healthcare services will enhance the mental and physical well-being of nurses and create a supportive work environment, such as providing positive affirmations, to optimize patient safety.*

**Keywords:** *Burnout, Nurse, Patient Safety, Quality of Nursing Work Life*