

**PENERAPAN *EVIDENCE BASED PRACTICE* PELATIHAN
WORKPLACE STRETCHING EXERCISE DALAM
MENGATASI KELELAHAN KERJA PERAWAT
DI RAWAT INAP RSUD TARAKAN
JAKARTA**

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Abstrak

Kelelahan kerja pada perawat dapat berdampak negatif terhadap kesehatan dan kualitas pelayanan. *Workplace stretching exercise* menjadi salah satu solusi untuk mengurangi kelelahan, namun pemahaman perawat mengenai manfaatnya masih terbatas. Penelitian ini dilakukan selama tiga hari dan diterapkan pada 25 perawat di Ruang Kemuning RSUD Tarakan Jakarta. Hasil *pretest* menunjukkan skor pengetahuan sebesar 28% (rata-rata 4,72), sedangkan *posttest* meningkat menjadi 88% (rata-rata 7,36), dengan kenaikan 60%. Uji statistik menghasilkan *p-value* = 0,000, yang menunjukkan perubahan signifikan dalam pengetahuan perawat setelah pelatihan. Maka, pelatihan ini penting untuk meningkatkan pemahaman dan motivasi perawat dalam menerapkan *workplace stretching exercise* guna mengatasi kelelahan kerja. Berdasarkan hasil penelitian, disarankan agar rumah sakit secara rutin mengadakan program edukasi dan pelatihan mengenai *workplace stretching exercise* kepada para perawat guna memaksimalkan manfaat dari *workplace stretching exercise* guna menekan tingkat kelelahan serta mendukung peningkatan kualitas layanan kesehatan.

Kata Kunci: Kelelahan, Pelatihan, Perawat, Peregangan

IMPLEMENTATION OF EVIDENCE BASED PRACTICE WORKPLACE STRETCHING EXERCISE TRAINING IN OVERCOMING WORK FATIGUE IN INPATIENT NURSES AT TARAKAN HOSPITAL JAKARTA

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Abstract

Extended fatigue among nurses due to work pressure may negatively influence patient care and their own physical health. Workplace stretching exercise is one potential solution to reduce fatigue; however, nurses' understanding of its benefits remains limited. This study was conducted over three days and involved 25 nurses in the Kemuning Ward of RSUD Tarakan Jakarta. The pretest results showed a knowledge score of 28% (average 4.72), while the posttest increased to 88% (average 7.36), indicating a 60% improvement. The results showed a p-value of 0.000, which clearly suggests that the training had a strong impact on the nurses' knowledge. Therefore, this training is essential to improve nurses' understanding and motivation in implementing workplace stretching exercises to overcome work-related fatigue. The evidence points toward the need to hospitals routinely conduct education and training programs on workplace stretching exercises for nurses to maximize their benefits in reducing fatigue and improving the quality of healthcare services.

Keywords: Fatigue, Nurses, Stretching, Training