

PENERAPAN *EVIDENCE BASED NURSING* (EBN) DENGAN TEKNIK *BUTTERFLY HUGS* UNTUK MENGURANGI STRES KERJA PADA PERAWAT DI RUANG STROKE UNIT RUMAH SAKIT UMUM DAERAH TARAKAN JAKARTA

Clarissa Giana Putri

Abstrak

Stres kerja pada perawat merupakan kondisi yang kerap menjadi keluhan dalam pelaksanaan tugas keperawatan. Berdasarkan hasil observasi yang dilakukan terhadap 7 perawat di Ruang Stroke Unit, diperoleh data bahwa sebanyak 2 perawat (28,5%) menunjukkan kemungkinan kuat mengalami stres maladaptif, 1 perawat (14,5%) mengalami stres dan ketegangan maladaptif ringan, 2 perawat (28,5%) berada dalam rentang stres normal, dan 1 perawat (28,5%) tidak menunjukkan tanda-tanda stress yang berdampak negative kepada perawat. Menindaklanjuti hasil tersebut, peneliti menerapkan intervensi *Evidence Based Nursing* berupa terapi *Butterfly Hugs* kepada 3 perawat yang mengalami tingkat stres ringan hingga kuat. Intervensi dilaksanakan selama 3 hari dengan 1 sesi per hari, masing-masing berdurasi sekitar $\pm 5-10$ menit. Setelah pemberian terapi, dilakukan evaluasi melalui *posttest*, yang menunjukkan bahwa sebanyak 3 perawat (80%) berada dalam kategori stres ringan dan 1 perawat (20%) berada dalam kategori stres normal. Temuan ini mengindikasikan bahwa terapi *Butterfly Hugs* efektif dalam menurunkan tingkat stres kerja pada perawat. Penulis merekomendasikan agar perawat dapat mengimplementasikan teknik *Butterfly Hugs* secara mandiri atau bersama rekan sejawat sebagai strategi pengelolaan stres di lingkungan kerja.

Kata Kunci : *Butterfly Hugs*, Stres kerja perawat.

APPLICATION OF EVIDANCE BASED NURSING (EBN) WITH BUTTERFLY HUGS TECHNIQUE TO REDUCE WORK STRESS IN NURSES IN THE STROKE UNIT ROOM OF TARAKAN REGIONAL GENERAL HOSPITAL JAKARTA

Clarissa Giana Putri

Abstract

Work stress in nurses is a condition that is often a complaint in carrying out nursing duties. Based on the results of observations conducted on 7 nurses in the Stroke Unit Room, data obtained that 2 nurses (28.5%) showed a strong possibility of experiencing maladaptive stress, 1 nurse (14.5%) experienced mild maladaptive stress and tension, 2 nurses (28.5%) were in the normal stress range, and 1 nurse (28.5%) showed no signs of stress that had a negative impact on nurses. Following up on these results, the researcher implemented an Evidence Based Nursing intervention in the form of Butterfly Hugs therapy to 3 nurses who experienced mild to strong stress levels. The intervention was carried out for 3 days with 1 session per day, each lasting around ± 5 -10 minutes. After the therapy was given, an evaluation was carried out through a posttest, which showed that 3 nurses (80%) were in the mild stress category and 1 nurse (20%) was in the normal stress category. These findings indicate that Butterfly Hugs therapy is effective in reducing work stress levels in nurses. The authors recommend that nurses implement the Butterfly Hugs technique independently or with colleagues as a stress management strategy in the work environment.

Keywords: Butterfly Hugs, Nurses' work stress.