

PENERAPAN *EVIDENCE BASED NURSING WORKPLACE STRETCHING EXERCISE* DALAM MENGURANGI KELELAHAN KERJA PERAWAT DI RUANG ICU RSUD TARAKAN JAKARTA

Eka Dama Kriswandityaningrum

Abstrak

Kelelahan kerja adalah proses penurunan kekuatan/ketahanan fisik, efisiensi dan kualitas kerja. Peregangan di tempat kerja merupakan salah satu upaya dalam menurunkan tingkat kelelahan. Penulis bertujuan menerapkan *workplace stretching exercise* untuk mengatasi kelelahan kerja perawat. Penelitian diawali dengan menyebarkan kuesioner *Subjective Self Rating* dari Industrial Fatigue Research Committee (IFRC) Jepang kepada 7 perawat dan diperoleh sebanyak 4 perawat (57,1%) mengalami kelelahan kerja tinggi dan sebanyak 3 perawat (42,9%) mengalami kelelahan kerja sedang. Penulis memberikan intervensi *workplace stretching exercise* melibatkan 4 perawat dengan tingkat kelelahan kerja tinggi selama 3 hari dengan durasi 30 menit pada setiap sesi. Hasil penelitian didapatkan penurunan rata-rata skor *pre-test* yaitu 77,25 menjadi 49,00 pada rata-rata skor *post-test* dengan perbedaan selisih rata-rata 28,25. Uji *paired t-test* didapatkan *p-value*=0,002 yang menunjukkan bahwa *workplace stretching exercise* berpengaruh signifikan terhadap penurunan tingkat kelelahan kerja perawat. Penurunan rata-rata skor *pre-test* dan *post-test* juga terlihat pada 3 aspek kelelahan, yaitu aspek pelemahan kegiatan adalah 23,86 menjadi 18,00, aspek pelemahan motivasi adalah 20,86 menjadi 14,75, dan aspek kelelahan fisik adalah 23,14 menjadi 16,25 dengan *p-value*<0,05 disetiap aspek. Penulis berharap tingkat kelelahan kerja perawat dapat berkurang dengan menerapkan *workplace stretching exercise*.

Kata Kunci: Kelelahan, Perawat, *Workplace Stretching Exercise*

IMPLEMENTATION OF EVIDENCE BASED NURSING: WORKPLACE STRETCHING EXERCISE IN REDUCING WORK FATIGUE OF NURSES IN THE INTENSIVE CARE UNIT ROOM RSUD TARAKAN JAKARTA

Eka Dama Kriswandityaningrum

Abstract

Work fatigue is a process of decreasing physical endurance, efficiency and quality of work. Stretching in the workplace is one effort to reduce fatigue levels. The author aims to implement workplace stretching exercises to overcome nurses' work fatigue. The study began by distributing the Subjective Self Rating questionnaire from the Industrial Fatigue Research Committee (IFRC) Japan to 7 nurses and it was found that 4 nurses (57.1%) experienced high work fatigue and 3 nurses (42.9%) experienced moderate work fatigue. The author provided a workplace stretching exercise intervention involving 4 nurses with high levels of work fatigue for 3 days with a duration of 30 minutes in each session. The results of the study showed a decrease in the average pre-test score of 77.25 to 49.00 on the average post-test score with a difference in the average difference of 28.25. The paired t-test test obtained a p-value = 0.002 which showed that workplace stretching exercises had a significant effect on reducing the level of nurses' work fatigue. The decrease in the average pre-test and post-test scores was also seen in 3 aspects of fatigue, namely the aspect of activity weakening was 23.86 to 18.00, the aspect of motivation weakening was 20.86 to 14.75, and the aspect of physical weakness was 23.14 to 16.25 with p-value <0.05 in each aspect. The author hopes that the level of nurses work fatigue can be reduced by implementing workplace stretching exercises.

Keywords: Fatigue, Nurses, Workplace Stretching Exercise