

PENERAPAN *EVIDENCE-BASED NURSING (EBN) EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR) THERAPY* DALAM MENGELOLA STRES KERJA PERAWAT HEMODIALISA

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Abstrak

Stres kerja pada perawat dapat memberi dampak seperti gelisah, sulit berkonsentrasi, dan mudah lupa. Namun, masih banyak perawat yang belum mengetahui cara manajemen stres dengan benar. Stres kerja yang terkendali menjadikan perawat dapat lebih fokus, empatik, dan teliti dalam memberikan pelayanan, sehingga mutu asuhan keperawatan meningkat dan risiko kesalahan kerja menurun. Tujuan penerapan *EBN* adalah untuk mengelola stres kerja pada perawat. Penerapan *Evidence Based Nursing (EBN)* ini dilakukan kepada 3 perawat dengan hasil *pre-test* menggunakan kuesioner *Expanded Nursing Stress Scale (ENSS)* menunjukan kategori stres kerja berat dengan nilai rata-rata 128,33. Setelah diberikan intervensi selanjutnya perawat mengisi kuesioner *post-test* yang menunjukkan bahwa sebanyak 100% (3 perawat) dengan nilai rata-rata 84. Uji statistik *Paired T-Test* telah dilakukan dan didapatkan hasil *p value 0.004* yang menandakan adanya perubahan yang signifikan pada stres kerja yang dialami perawat sebelum dan sesudah diberikan intervensi sehingga dengan hasil tersebut bahwa terdapat penurunan tingkat stres kerja perawat setelah dilakukan intervensi *Eye Movement Desensitization and Reprocessing (EMDR) Therapy*. Penulis berharap perawat bisa mengimplementasikan penerapan *Eye Movement Desensitization and Reprocessing (EMDR) Therapy* dalam mengelola stres kerja perawat.

Kata Kunci: *EMDR Therapy*, Stres Kerja, Perawat

IMPLEMENTING EVIDENCE-BASED NURSING (EBN) AND EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR) THERAPY TO MANAGE WORK STRESS IN DIALYSIS NURSES

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Abstract

Occupational stress among nurses can lead to symptoms such as anxiety, difficulty concentrating, and forgetfulness. However, many nurses are still unaware of how to manage stress effectively. When work-related stress is properly managed, nurses are able to perform with greater focus, empathy, and accuracy, which in turn enhances the quality of nursing care and reduces the risk of errors. The purpose of implementing Evidence-Based Nursing (EBN) is to help manage work-related stress among nurses. This EBN approach was applied to three nurses, whose pre-test scores—measured using the Expanded Nursing Stress Scale (ENSS) indicated a high level of work stress, with an average score of 128.33. Following the intervention, the nurses completed a post-test using the same scale, which showed that 100% (3 nurses) experienced a reduction in stress, with an average score of 84. A statistical analysis using the Paired T-Test yielded a p-value of 0.004, indicating a significant difference in the level of work stress before and after the implementation of Eye Movement Desensitization and Reprocessing (EMDR) Therapy. Based on these results, it can be concluded that EMDR therapy effectively reduced the nurses' work-related stress. The author hopes that nurses can begin to implement EMDR therapy as a method of managing work-related stress in clinical settings.

Keywords: EMDR Therapy, Nurse, Work Stress