

PENERAPAN *BRAIN GYM* DAN TERAPI MUSIK SEBAGAI UPAYA MENGATASI *BURNOUT* PADA PERAWAT DI RUANG RAWAT INAP LILY RSUD TARAKAN JAKARTA

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Abstrak

Burnout ialah salah satu masalah psikologis yang paling rentan dialami oleh perawat di rumah sakit. *Burnout* yang dialami perawat berimplikasi tidak baik atas etos dan mutu *service* terhadap pasien, serta dapat menimbulkan gangguan kesehatan dan menurunkan motivasi kerja. Langkah yang perlu dilakukan oleh rumah sakit guna menekan level *burnout* adalah dengan menerapkan manajemen *burnout*. Penelitian ini bertujuan guna menerapkan dan mengetahui efektivitas *brain gym* dan terapi musik sebagai intervensi guna mengatasi kejenuhan bagi perawat di ruang rawat inap Lily RSUD Tarakan Jakarta. Metodologi penelitian yang digunakan adalah desain *one-group pre-test* dan *post-test* dengan subjek sebanyak enam perawat yang mengalami *burnout* kategori tinggi. Intervensi *brain gym* dikombinasikan dengan terapi musik dilaksanakan sepanjang tiga hari secara berurutan dengan durasi 10-15 menit per sesi. Pengukuran level *burnout* dilakukan menggunakan kuesioner *Maslach Burnout Inventory* (MBI) sebelum dan sesudah intervensi. Hasil penelitian menunjukkan adanya perbedaan bermakna level *burnout* setelah intervensi, dengan rata-rata skor *pre-test* sebesar 75,67 menurun menjadi 58,83 pada *post-test* ($p\text{-value} = 0,000$). Penelitian ini menyarankan agar intervensi ini dijadikan program rutin di lingkungan kerja perawat sebagai strategi manajemen *burnout*.

Kata Kunci: Perawat, *Burnout*, *Brain Gym*, Terapi Musik

IMPLEMENTATION OF BRAIN GYM & MUSIC THERAPY AS AN EFFORT TO OVERCOME BURNOUT AMONG NURSES IN THE LILY INPATIENT ROOM AT TARAKAN REGIONAL GENERAL HOSPITAL JAKARTA

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Abstract

Burnout is one of the most common psychological problems experienced by nurses in hospitals. Burnout experienced by nurses has a negative impact on their performance & the quality of patient care, & can cause health problems & reduce work motivation. The steps that need to be taken by hospitals to reduce burnout levels are to implement burnout management. This study aims to implement & determine the effectiveness of brain gym & music therapy as interventions to overcome burnout in nurses in the Lily inpatient ward at Tarakan Regional General Hospital in Jakarta. The research method used was a one-group pre-test & post-test design with six subjects who experienced high-category burnout. The brain gym intervention combined with music therapy was carried out for three consecutive days with a duration of 10-15 minutes per session. Burnout levels were measured using the Maslach Burnout Inventory (MBI) questionnaire before & after the intervention. The results showed a significant difference in burnout levels after the intervention, with the pre-test average score decreasing from 75.67 to 58.83 in the post-test ($p\text{-value} = 0.000$). This study suggests that this intervention be made a routine program in the nursing work environment as a strategy to prevent burnout among nurses.

Keywords: Nurses, Burnout, Brain Gym, Music Therapy