

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN STRES KERJA PADA PERAWAT IGD DI RSUD KHIDMAT SEHAT AFIAT KOTA DEPOK TAHUN 2026

Fayyaza Aqila

Abstrak

Berbagai tuntutan yang dihadapi perawat di IGD dapat meningkatkan risiko stres kerja pada perawat. Stres kerja merupakan tekanan yang muncul akibat desakan tugas yang tidak sejalan dengan kapabilitas individu dalam mengatasinya dan berdampak pada kesejahteraan fisik, mental, dan performa kinerja. Penelitian ini bertujuan untuk mengetahui faktor yang berhubungan dengan stress kerja pada perawat IGD di RSUD Khidmat Sehat Afiat Kota Depok Tahun 2026. Penelitian menggunakan metode kuantitatif dengan desain studi *cross-sectional*. Teknik pengambilan sampel adalah *total sampling* yakni seluruh perawat IGD RSUD Khidmat Sehat Afiat Kota Depok dengan jumlah sampel sebesar 32 perawat. Pelaksanaan akumulasi data dilakukan pada bulan April hingga Juni 2026. Pengumpulan data primer dilaksanakan melalui kuesioner menggunakan Google Form. Analisis data bivariat menggunakan uji Spearman, Mann Whitney, dan Kruskal-Wallis. Hasil penelitian menunjukkan bahwa sebagian besar responden mengalami stres kerja sedang sebesar 59,4%. Terdapat hubungan antara *work family conflict* ($p\text{-value} = 0,001$) dan dukungan sosial ($p\text{-value} = 0,003$) terhadap stres kerja. Bagi perawat IGD, diharapkan menerapkan strategi koping yang sesuai dengan kondisinya agar stres dapat terkelola.

Kata Kunci: *Work Family Conflict*, Dukungan Sosial, Faktor Individu, Stres Kerja, Perawat IGD

FACTORS ASSOCIATED WITH WORK-RELATED STRESS AMONG EMERGENCY ROOM NURSES AT KHIDMAT SEHAT AFIAT REGIONAL GENERAL HOSPITAL IN DEPOK IN 2026

Fayyaza Aqila

ABSTRACT

The various demands faced by nurses in the emergency department can increase their risk of work-related stress. Work-related stress is the pressure that arises when job demands exceed an individual's ability to cope, thereby affecting their physical and mental well-being as well as their job performance. This study aims to identify factors associated with work-related stress among ER nurses at Khidmat Sehat Afiat Regional General Hospital in Depok City in 2026. The study employed a quantitative method with a cross-sectional design. The sampling technique used was total sampling, encompassing all ER nurses at Khidmat Sehat Afiat Regional General Hospital in Depok City, with a sample size of 32 nurses. Data collection took place from April to June 2026. Primary data were collected via a questionnaire using Google Forms. Bivariate data analysis was performed using the Spearman, Mann-Whitney, and Kruskal-Wallis tests. The results showed that the majority of respondents (59.4%) experienced moderate work-related stress. There was a significant association between work-family conflict (p -value = 0.001) and social support (p -value = 0.003) and work-related stress. Emergency department nurses are encouraged to implement coping strategies appropriate to their circumstances to effectively manage stress.

Keywords: *Work-Related Stress, Work-Family Conflict, Social Support, Individual Factors, Emergency Department Nurses*