

# HUBUNGAN *SELF EFFICACY*, *SOCIAL SUPPORT* DENGAN *BURNOUT* PERAWAT DI RAWAT INAP RSUP DR. SITANALA TANGERANG

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## Abstrak

Kejadian *Burnout* pada perawat dapat memengaruhi kualitas pelayanan keperawatan sehingga diperlukan faktor-faktor yang dapat mencegah *Burnout* pada perawat diantaranya dengan faktor internal yaitu *Self Efficacy*, dan faktor eksternal yaitu *Social Support*. Penelitian bertujuan untuk menganalisis hubungan antara *Self Efficacy*, *Social Support* dengan *Burnout* Perawat. Penelitian menggunakan desain penelitian *Cross Sectional* dengan uji statistik *Chi Square* yang menggunakan teknik *Total Sampling* sebanyak 57 perawat di RSUP Dr. Sitanala Tangerang. Hasil penelitian menunjukkan 56,1% perawat mengalami *Burnout*, namun tidak didapatkan hubungan yang signifikan antara variabel *Self Efficacy* ( $p = 0,596$ ) CI 95%, dan variabel *Social Support* ( $p = 0,183$ ) CI 95% dengan *Burnout* Perawat. Sebaiknya *Burnout* pada perawat dapat dihindari dengan kerjasama dan komunikasi yang baik dalam pekerjaan perawat, dan dapat diberikan apresiasi dengan pemberian *reward* pada perawat berdasarkan prestasi atau loyalitas dalam pekerjaan.

**Kata Kunci** : *Burnout Perawat, Self Efficacy, Social Support*

# **RELATIONSHIP OF SELF EFFICACY, SOCIAL SUPPORT WITH NURSING BURNOUT IN HOSPITAL RSUP DR. SITANALA TANGERANG**

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## **Abstract**

Burnout incidents in nurses can affect the quality of nursing services so that factors that can prevent Burnout for nurses are needed including internal factors, Self Efficacy, and external factors, Social Support. The research aims to analyze the relationship between Self Efficacy, Social Support and Nurse Burnout. The study used a Cross Sectional research design with Chi Square statistical tests that used a total sampling technique of 57 nurses at RSUP Dr. Sitanala Tangerang. The results showed 56.1% of nurses experienced Burnout, but no significant relationship was found between the Self Efficacy variable ( $p = 0,596$ ) CI 95%, and the Social Support variable ( $p = 0,813$ ) CI 95% with Nurse Burnout. Burnout for nurses can be avoided by cooperation and good communication in nurses work, and can be rewarded by rewarding nurses based on performance or loyalty in work.

**Keyword** : Nurse Burnout, Self Efficacy, Social Support