

# ANALISIS HUBUNGAN BEBAN KERJA DENGAN STRES KERJA PERAWAT DI TIAP RUANG RAWAT INAP RUMAH SAKIT ISLAM SITI RAHMAH 2015

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FRANSISKUS HARDIN BEROT, No. BP 1320322003

x + 88 halaman, 2 gambar 11 tabel, 20 lampiran



Dalam menjalankan profesinya, perawat rentan terhadap stres, yang disebabkan oleh beban kerja fisik dan beban kerja mental. Penelitian ini bertujuan mengetahui hubungan antara beban kerja dan stres kerja pada perawat di ruang rawat inap (internis, bedah, anak, dan ruangan kebidanan) Rumah Sakit Islam Siti Rahmah pada tahun 2015. Penelitian menggunakan rancangan *Cross Sectional*, untuk mengidentifikasi beban kerja dan tingkat stres pada 69 perawat dari Rumah Sakit Islam Siti Rahmah, yang terdiri dari 20 perawat penyakit dalam, 21 di bedah, 14 di anak, dan 14 di ruang kebidanan. Analisis bivariate dilakukan untuk menguji hubungan antara beban kerja dan tingkat stres kerja. Hasil penelitian menunjukkan bahwa rata-rata tingkat beban kerja kategori ringan, dan stres kerja kategori sedang. Penelitian ini menunjukkan bahwa ada hubungan korelasi antara beban kerja dengan stres kerja pada perawat di ruang rawat inap, sebesar ( $r = 0,578$ ,  $p=0,001$ ), dan di ruang penyakit dalam sebesar ( $r = 0,549$ ,  $p=0,010$ ), ruang bedah sebesar ( $r = 0,552$ ,  $p=0,012$ ), ruang anak sebesar ( $r = 0,553$ ,  $p=0,001$ ), dan ruang kebidanan sebesar ( $r = 0,845$ ,  $p=0,001$ ). Saran penelitian, agar rumah sakit mempertahankan tingkat beban kerja perawat di tingkat ringan sampai sedang, bisa mendapatkan keuntungan untuk mempertahankan tingkat stres kerja sedang, dapat meningkatkan kemampuan dan kinerja perawat dalam melaksanakan pekerjaan sehari-hari mereka.

Daftar Kepustakaan : 42 (1988-2014)

Kata Kunci: Beban kerja, Stress kerja Perawat.

ANALYSIS OF EXPENSES RELEATED WORKLOAD WITH STRESS  
NURSE IN EACH ROOM HOSPITAL INPATIENT ISLAM SITI RAHMAH  
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FRANSISKUS HARDIN BEROT, No. BP 1320322003

x + 88 pages, 2 pictures, 11 tables, 20 attachments

*A B S T R A C T*

*In performing their profession, nurses are vulnerable to stress, which can be caused by various factors, including physically and mental work burdens. This research aims to determine the relationship between the level of workload and working stress on nurses in patient room (internist, surgical, pediatric, and obstetric departments) Siti Rahmah Hospital in 2015. The cross sectional design was conducted on to identify nurses workload and working stress levels on 69 nurses of Siti Rahmah Hospital, which consists of 20, 21, 14 and 14 nurses in internal medicine, surgical, pediatric, and obstetric room respectively. Later, byariate analysis was conducted to examine the relationship between workload and the level of working stress. To the result shows that the average level of workload and work stress is mild moderate category. The study shows that there is relationship between workload with the level of working stress on nurses in the inpatient rooms ( $r = 0,578$ ,  $p=0.001$ ). There study also reveals that there are association between the occurrence of working stress and the workload level of nurses in internal medicine room ( $r = 0,549$ ,  $p=0.010$ ), surgical room ( $r = 0,552$ ,  $p=0.012$ ), pediatric room ( $r = 0,553$ ,  $p=0.001$ ), and obstetric room ( $r = 0,485$ ,  $p=0.001$ ). Based on the study finding, we suggest that the hospital which should be maintaining workload of nurses in mild to moderate levels, can benefit to maintain the level of working stress, this will lead to the ability and performance of nurses in their daily work.*

*Resource library: 42 (1998-2014)*

*Keywords: workload, work stress Nurse*

