



UNIVERSITAS ANDALAS

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN *BURNOUT*
PADA PERAWAT DI RSUD ARIFIN ACHMAD PROVINSI RIAU**

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FAKULTAS KESEHATAN MASYARAKAT

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PERAWAT DI RSUD ARIFIN ACHMAD PROVINSI RIAU TAHUN 2023**

xiii + 94 halaman, 26 tabel, 3 gambar, 8 lampiran

ABSTRAK

Tujuan Penelitian

Berdasarkan survey awal pada 21 perawat di RSUD Arifin Achmad diketahui sebanyak 76.2% mengalami *burnout* sedang. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan *burnout* pada perawat di RSUD Arifin Achmad Provinsi Riau.

Metode

Jenis penelitian ini yaitu kuantitatif dengan desain *cross sectional*. Penelitian dilaksanakan pada bulan November 2022 hingga Juli 2023 di ruang ICU, IGD, dan instalasi rawat inap RSUD Arifin Achmad Provinsi Riau. Jumlah sampel 69 perawat diambil menggunakan metode *proportional random sampling*. Analisis data menggunakan uji regresi logistik ordinal.

Hasil

Hasil penelitian menunjukkan 58% perawat merasakan *burnout* sedang, 47,8% umur muda ≤ 35 tahun, 75,4% berjenis kelamin perempuan, 36,2% masa kerja baru < 10 tahun, 58.0% ber-*locus of control* eksternal, 50.7% merasakan tingginya konflik peran, 24.6% merasakan iklim organisasi yang kurang baik. Hasil uji statistik didapatkan hubungan antara jenis kelamin (*p-value* 0,003), masa kerja (*p-value* 0,005), konflik peran (*p-value* 0,011) dengan *burnout*. Tidak terdapat hubungan antara umur (*p-value* 0,392), *locus of control* (*p-value* 0,104), iklim organisasi (*p-value* 0,319) dengan *burnout*.

Kesimpulan

Jenis kelamin, masa kerja, dan konflik peran merupakan faktor yang berhubungan dengan *burnout* pada perawat. Diharapkan pihak rumah sakit dapat mengadakan pelatihan manajemen stres, dan mengadakan *employee gathering* rutin.

Daftar Pustaka : 57 (1990-2022)

Kata Kunci : *Burnout*, Perawat, Rumah Sakit

**FACULTY OF PUBLIC HEALTH
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**FACTORS RELATED TO BURNOUT IN NURSES AT ARIFIN ACHMAD
HOSPITAL RIAU PROVINCE IN 2023**

xiii + 94 pages, 26 tables, 3 pictures, 8 appendices

ABSTRACT

Objective

Based on an initial survey of 21 nurses at Arifin Achmad Hospital, it was found that 76.2% experienced moderate burnout. This study aims to determine the factors associated with burnout in nurses at Arifin Achmad Hospital, Riau Province.

Method

This type of research is quantitative with a cross-sectional design. The research was conducted from November 2022 to July 2023 in the ICU, emergency room, and inpatient installation at Arifin Achmad Hospital, Riau Province. The total sample of 69 nurses was taken using the proportional random sampling method. The data analysis used an ordinal logistic regression test.

Results

The results showed that 58% of nurses felt moderate burnout, 47.8% were young ≤ 35 years old, 75.4% were female, 36.2% had just worked < 10 years, 58.0% had an external locus of control, 50.7% experienced high role conflict, and 24.6% experienced an unfavorable organizational climate. Statistical test results showed a relationship between gender (p-value 0.003), years of service (p-value 0.005), role conflict (p-value 0.011) with burnout. There is no relationship between age (p-value 0.392), locus of control (p-value 0.104), organizational climate (p-value 0.319) with burnout.

Conclusion

Gender, length of service, and role conflict are factors associated with nurse burnout. It is hoped that the hospital can hold stress management training and hold regular employee gatherings.

References : 57 (1990-2022)

Keywords : *Burnout, Nurse, Hospital*