

**PENGARUH SELF-EFFICACY, DUKUNGAN SOSIAL DAN
KEPEMIMPINAN OTENTIK KEPALA RUANGAN TERHADAP
RESILIENSI PERAWAT PELAKSANA
DI RSUD KOTA PADANG PANJANG
TAHUN 2019**

TESIS



**PROGRAM STUDI S2 KEPERAWATAN
KEKHUSUSAN KEPEMIMPINAN DAN MANAJEMEN KEPERAWATAN
FAKULTAS KEPERAWATAN-UNIVERSITAS ANDALAS
2019**

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**Tesis, Juli 2019
Okti Rahayu Asih**

Pengaruh *Self-Efficacy*, Dukungan Sosial dan Kepemimpinan Otentik Kepala Ruangan Terhadap Resiliensi Perawat Pelaksana di RSUD Kota Padang Panjang Tahun 2019

xx +144 hal + 20 tabel + 15 lampiran + 2 skema +1 gambar

ABSTRAK

Resiliensi merupakan hal penting yang perlu dibangun pada profesi keperawatan untuk mengatasi tantangan dan kesulitan di tempat kerja. Rendahnya resiliensi perawat dapat menyebabkan *burnout*, rendahnya keterikatan kerja, kinerja dan kualitas pelayanan keperawatan. Resiliensi dapat berubah, dipelajari serta dipengaruhi oleh beberapa faktor di antaranya *self-efficacy*, dukungan sosial dan kepemimpinan otentik. Penelitian ini bertujuan untuk mengetahui pengaruh *self-efficacy*, dukungan sosial dan kepemimpinan otentik kepala ruangan di RSUD Kota Padang Panjang. Desain penelitian adalah korelasi Sampel diambil dengan cara *proportional random sampling* dengan jumlah sampel 110 perawat pelaksana. Data dikumpulkan dengan memakai kuesioner dan dianalisis dengan menggunakan uji regresi. Hasil penelitian menunjukkan *self-efficacy*, dukungan sosial dan kepemimpinan otentik berpengaruh signifikan dan positif terhadap resiliensi perawat pelaksana RSUD Kota Padang Panjang. Pihak manajemen RSUD Kota Padang Panjang dapat meningkatkan resiliensi perawat pelaksana dengan cara melaksanakan program orientasi pada perawat muda dengan masa kerja yang masih baru dan perawat Non PNS, memfasilitasi perawat meneruskan pendidikan dan mengikuti pelatihan, membuat program *family gathering* dan *family hospital tour* serta menyelenggarakan program pelatihan kepemimpinan bagi kepala ruangan.

Kata Kunci : Dukungan Sosial, Kepemimpinan Otentik, Perawat,

Resiliensi, *Self-efficacy*

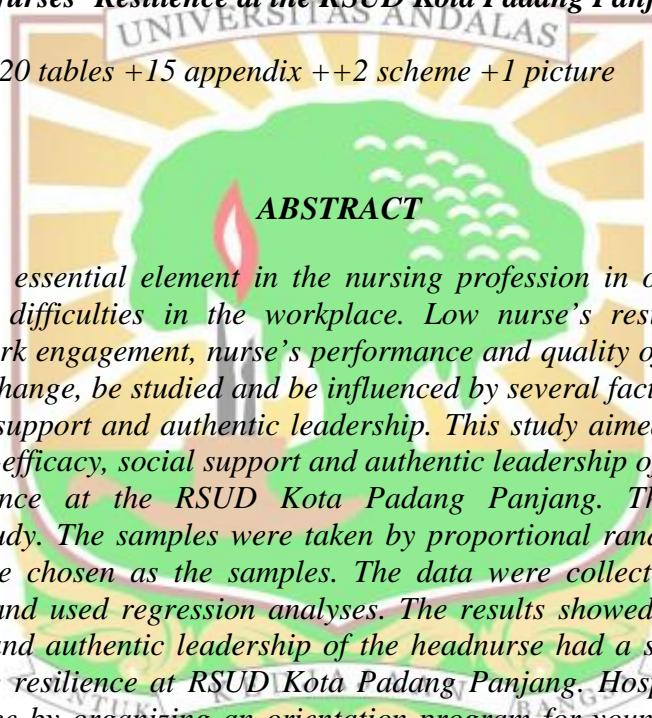
Daftar pustaka : 184 (1988-2018)

**S2 NURSING STUDY PROGRAM
LEADERSHIP AND NURSING MANAGEMENT
THE FACULTY OF NURSING ANDALAS UNIVERSITY**

*Thesis, July 2019
Okti Rahayu Asih*

The Influence of Self-Efficacy, Social Support and Authentic Leadership of the Headnurse on Nurses' Resilience at the RSUD Kota Padang Panjang 2019

xx +144 pages+20 tables +15 appendix ++2 scheme +1 picture



Resilience is an essential element in the nursing profession in order to overcome challenges and difficulties in the workplace. Low nurse's resilience impact on burnout, low work engagement, nurse's performance and quality of nursing services. Resilience can change, be studied and be influenced by several factors including self-efficacy, social support and authentic leadership. This study aimed to determine the influence of self-efficacy, social support and authentic leadership of the headnurse on Nurses' Resilience at the RSUD Kota Padang Panjang. This research was correlational study. The samples were taken by proportional random sampling and 110 nurses were chosen as the samples. The data were collected by distributing questionnaires and used regression analyses. The results showed that self-efficacy, social support and authentic leadership of the headnurse had a significant positive influence on the resilience at RSUD Kota Padang Panjang. Hospital may improve nurses' resilience by organizing an orientation program for young nurses with less working period and Non Civil Servant nurses, facilitating nurses to continue their education and training, creating family gathering and family hospital tour programs then also promoting leadership training programs for the headnurse.

Keywords : *Social support, Authentic leadership, Nurse, Resilience, Self-efficacy*

References : *184 (1988-2018)*