

SKRIPSI

**HUBUNGAN BEBAN PERAWATAN, TINGKAT STRES DAN DUKUNGAN
SOSIAL DENGAN TINGKAT *BURNOUT CAREGIVER* PADA LANSIA
GAGAL GINJAL KRONIK YANG MENJALANI TERAPI
HEMODIALISA DI RSUP DR. M. DJAMIL PADANG
TAHUN 2025**

Penelitian Keperawatan Komunitas



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**Hubungan Beban Perawatan, Tingkat Stres dan Dukungan Sosial dengan
Tingkat *Burnout* Caregiver Pada Lansia Gagal Ginjal Kronik yang Menjalani
Terapi Hemodialisa di RSUP Dr. M. Djamil Padang Tahun 2025**

ABSTRAK

Burnout merupakan kondisi kelelahan fisik dan emosional yang rentan dialami *family caregiver* lansia gagal ginjal kronik yang menjalani terapi hemodialisa akibat tuntutan perawatan jangka panjang. Kondisi ini dipengaruhi oleh beban perawatan, tingkat stres, dan dukungan sosial. Penelitian ini bertujuan mengetahui hubungan beban perawatan, tingkat stres, dan dukungan sosial dengan tingkat *burnout* *caregiver* pada lansia gagal ginjal kronik yang menjalani terapi hemodialisa di RSUP Dr. M. Djamil Padang. Penelitian ini menggunakan pendekatan *cross-sectional* dengan sampel 99 *family caregiver* yang dipilih menggunakan teknik *total sampling*. Data dikumpulkan menggunakan kuesioner *Zarit Burden Interview* (ZBI), *Kingston Caregiver Stress Scale* (KCSS), *Medical Outcome Study–Social Support Survey* (MOS-SSS), dan *Maslach Burnout Inventory* (MBI). Analisa data menggunakan uji korelasi *Spearman rho*, didapatkan hasil beban perawatan dengan *mean* 19,18, tingkat stres dengan *mean* 23,65, dukungan sosial dengan *mean* 53,19 dan *burnout* dengan *mean* 65,23. Hasil uji menunjukkan semakin tinggi beban perawatan maka semakin tinggi *burnout*, semakin tinggi tingkat stres yang dirasakan maka semakin tinggi *burnout*, dan semakin tinggi dukungan sosial maka semakin rendah *burnout*. Diperlukan penguatan dukungan sosial serta peningkatan keterlibatan seluruh anggota keluarga, khususnya laki-laki, agar beban perawatan lansia tidak terpusat pada satu *caregiver*.

Kata Kunci : *Burnout*, Beban Perawatan, Tingkat Stres,
Dukungan Sosial, *Caregiver*

Daftar Pustaka : 169 (1981–2025)

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***Relationship between Caregiving Burden, Stress Level, and Social Support with
Burnout among Caregivers of Elderly Patients with Chronic Kidney Disease
Undergoing Hemodialysis at RSUP Dr. M. Djamil Padang***

ABSTRACT

Burnout is a condition of physical and emotional exhaustion commonly experienced by family caregivers of elderly patients with chronic kidney disease undergoing hemodialysis due to long-term caregiving demands. This condition is influenced by caregiving burden, stress level, and social support. This study aimed to examine the relationship between caregiving burden, stress level, and social support with burnout among family caregivers of elderly patients with chronic kidney disease undergoing hemodialysis at RSUP Dr. M. Djamil Padang. A cross-sectional design was used with 99 family caregivers selected through total sampling. Data were collected using the Zarit Burden Interview (ZBI), Kingston Caregiver Stress Scale (KCSS), Medical Outcome Study–Social Support Survey (MOS-SSS), and Maslach Burnout Inventory (MBI). Data were analyzed using the Spearman's rho correlation test. The results showed a mean score of 19.18 for caregiving burden, 23.65 for stress level, 53.19 for social support, and 65.23 for burnout. The findings revealed that a higher caregiving burden is associated with higher burnout levels, a higher perceived stress level is associated with higher burnout, and greater social support is associated with lower burnout. Strengthening social support and increasing the involvement of all family members, particularly males, are necessary to ensure that the caregiving burden for the elderly is not concentrated on a single caregiver.

Keywords : ***Burnout, Caregiving Burden, Stress Level, Social Support, Caregiver***
References : ***169 (1981–2025)***