



**UNIVERSITAS ANDALAS**

**HUBUNGAN BEBAN KERJA FISIK DAN MENTAL DENGAN  
STRES KERJA PADA PERAWAT RUANG RAWAT INAP  
RSUD KOTA PADANG PANJANG  
DI MASA PANDEMI COVID-19**

Oleh :

**FAUZA EL IZZATI**

**No. BP. 1711211035**



**Pembimbing I : Azyyati Ridha Alfian, SKM., MKM.**

**Pembimbing II : Nizwardi Azkha, SKM., MPPM., M.Pd. M.Si.**

**FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS  
PADANG, 2021**

**FAKULTAS KESEHATAN MASYARAKAT**

**UNIVERSITAS ANDALAS**

**Skripsi, Februari 2021**

**FAUZA EL IZZATI, No.BP. 1711211035**

**HUBUNGAN BEBAN KERJA FISIK DAN MENTAL DENGAN STRES KERJA PADA PERAWAT RUANG RAWAT INAP RSUD KOTA PADANG PANJANG DI MASA PANDEMI COVID-19**

xiii + 66 halaman, 12 tabel, 2 gambar, 8 lampiran

**ABSTRAK**

**Tujuan.** Stres kerja masih menjadi masalah kesehatan terutama pada perawat. Data *Bed Occupancy Rate* (BOR) RSUD Kota Padang Panjang menunjukkan terjadi peningkatan kunjungan pasien rawat inap dari tahun 2018, 2019, dan 2020. Penelitian ini bertujuan untuk mengetahui hubungan beban kerja fisik dan mental dengan stres kerja pada perawat ruang rawat inap RSUD Kota Padang Panjang di masa pandemi Covid-19.

**Metode.** Desain penelitian kuantitatif dengan pendekatan *cross sectional*. Penelitian dilakukan bulan September 2020-Februari 2021 dengan sampel 46 perawat diambil menggunakan metode *proportional random sampling*. Analisis data menggunakan uji *Chi-Square* dan *Mann Whitney* dengan derajat kepercayaan 95% ( $\alpha=0,05$ ).

**Hasil.** Hasil penelitian menunjukkan 52,2% perawat mengalami stres kerja berat, mengalami beban kerja fisik, dan 54,3% mengalami beban kerja mental berat serta terdapat hubungan yang signifikan antara beban kerja fisik ( $p\text{-value}=0,001$ ) dan beban kerja mental ( $p\text{-value}=0,008$ ) dengan stres kerja di masa pandemi Covid-19.

**Kesimpulan.** Terdapat hubungan beban kerja fisik dan mental dengan stres kerja pada perawat ruang rawat inap RSUD Kota Padang Panjang di masa pandemi Covid-19. Pihak rumah sakit disarankan melakukan manajemen stres dan pembagian jumlah perawat setiap ruangan dan setiap *shift* sesuai beban kerjanya.

**Daftar Pustaka** : 42 (1992-2020)

**Kata Kunci** : Perawat, Pandemi Covid-19, Ruang Rawat Inap, Stres Kerja

**FACULTY OF PUBLIC HEALTH**

**ANDALAS UNIVERSITY**

**Undergraduate Thesis, February 2021**

**FAUZA EL IZZATI, No.BP. 1711211035**

**RELATIONSHIP PHYSICAL AND MENTAL WORKLOAD WITH OCCUPATIONAL STRESS ON NURSE THE INPATIENT ROOM OF RSUD PADANG PANJANG CITY ON DURING THE COVID-19 PANDEMIC**

xiii + 66 pages, 12 tables, 2 images, 8 attachments

**ABSTRACT**

**Objectives.** Occupational stress is still a health problem especially at the nurse. Bed Occupancy Rate (BOR) data at RSUD Kota Padang Panjang showed an increase in inpatient visited from 2018, 2019, and 2020. This study aims to determine the relationship of physical and mental workload with occupational stress on nurse the inpatient room of RSUD Padang Panjang City on during the Covid-19 pandemic.

**Method.** This study design was quantitative research with cross sectional approach. This research was conducted in September 2020-February 2021 with a sample of 46 nurses with used proportional random sampling method. The analysis of data used Chi-Square and Mann Whitney test with 95% ( $\alpha=0.05$ ) confidence interval.

**Result.** The result showed that 52,2% were nurses experienced severe occupational stress, had phisical workload, 54,3% had heavy mental workload and showed correlation between physical workload ( $p\text{-value}=0,001$ ) and mental workload ( $p\text{-value}=0,008$ ) with occupational stress on during the Covid-19 pandemic.

**Conclusion.** There are correlation between physical and mental workload with occupational stress on nurses the inpatient room of RSUD Padang Panjang City on during the Covid-19 pandemic. The hospital was advised to do stress management and do the division amount of nurse each room and each shift in accordance with the workload.

**References** : 42 (1992-2020)

**Keyword** : Covid-19 Pandemic, Inpatient Room, Nurses, Occupational Stress