

SKRIPSI

**HUBUNGAN ANTARA BEBAN KERJA MENTAL DENGAN
KINERJA PERAWAT PELAKSANA SAAT PANDEMI
COVID-19 DI RS UNIVERSITAS ANDALAS
TAHUN 2021**

Penelitian Manajemen Keperawatan



Emil Huriani, S.Kp, MN
Ns. Mahathir, M.Kep., Sp.Kep.Kom

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2022**

FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
NOVEMBER 2021

Nama : Yonna Affim
NIM : 1511311009

Hubungan Antara Beban Kerja Mental Dengan Kinerja Perawat Pelaksana
Saat Pandemi COVID-19 Di RS Universitas Andalas Tahun 2021

ABSTRAK

Penyebaran pandemi COVID-19 menciptakan peningkatan permintaan petugas kesehatan. Tekanan berat yang dihadapi petugas kesehatan dituntut dapat mempertahankan dan meningkatkan kinerja untuk menekan angka penyebaran COVID-19 dan tuntutan yang tinggi dari masyarakat secara tidak disadari menimbulkan beban kerja mental bagi perawat. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara beban kerja mental dengan kinerja perawat pelaksana saat pandemi COVID-19. Jenis penelitian yang digunakan adalah kuantitatif dengan desain *cross sectional*. Dilakukan di Rumah Sakit Universitas Andalas bulan Agustus-November 2021. Sampel berjumlah 66 responden yang dipilih dengan menggunakan teknik *accidental sampling*. Alat ukur penelitian yaitu kuesioner kinerja dan NASA-TLX untuk beban kerja mental. Analisa data menggunakan uji *chi square*. Hasil penelitian diperoleh sebagian besar responden memiliki kinerja sedang dengan nilai rata-rata per sub variabel kinerja paling rendah yaitu implementasi. Hampir seluruh responden memiliki beban kerja mental kategori berat dengan nilai rata-rata per sub variabel paling tinggi yaitu kebutuhan mental. Terdapat hubungan antara beban kerja mental dengan kinerja perawat pelaksana saat pandemi COVID-19 di Rumah Sakit Universitas Andalas tahun 2021 ($p\ value = 0,000$). Diharapkan Rumah Sakit Universitas Andalas agar lebih memperhatikan beban kerja mental terutama kebutuhan mental dalam menangani pasien pada masa pandemi COVID-19.

Kata Kunci : Beban Kerja Mental, Kinerja, COVID-19
Daftar Pustaka: 45 (2010-2020)

FACULTY OF NURSING
ANDALAS UNIVERSITY
NOVEMBER 2021

Name : Yonna Affim
Student ID Number : 1511311009

*The Relationship Between Mental Workload And The Performance Of
Nurse Practitioners During The COVID-19 Pandemic
At Andalas University Hospital In 2021*

ABSTRACT

The spread of the COVID-19 pandemic creates an increase in the demand for health workers. The heavy pressure faced by health workers is required to be able to maintain and improve performance to reduce the spread of COVID-19 and the high demands from the community unwittingly create a mental workload for nurses. The purpose of this study was to determine the relationship between mental workload and the performance of implementing nurses during the COVID-19 pandemic. The type of research used is quantitative with a design cross sectional. Conducted at Andalas University Hospital in August-November 2021. The sample is 66 respondents who were selected using accidental sampling technique. The research measuring instruments are the performance questionnaire and the NASA-TLX for mental workload. Data analysis using test chi square. The results showed that most of the respondents had moderate performance with the lowest average value per sub-variable of performance, namely implementation. Almost all respondents have a heavy mental workload with the highest average value per sub variable, namely mental needs. There is a relationship between mental workload and the performance of implementing nurses during the COVID-19 pandemic at Andalas University Hospital in 2021 (p value = 0.000). It is hoped that the Andalas University Hospital will pay more attention to the mental workload, especially mental needs in dealing with patients during the COVID-19 pandemic.

Keywords : Mental Workload, Performance, COVID-19
References : 45 (2010-2020)