

ABSTRAK

DETERMINAN TINGKAT STRES PADA PERAWAT RUMAH SAKIT UMUM DAERAH Tgk CHIK DI TIRO TAHUN 2023

Stres yang dialami perawat merupakan stres yang didapat atau dialami ditempat kerja yang termasuk kedalam stres kerja. Penelitian ini bertujuan untuk mengetahui faktor faktor yang mempengaruhi tingkat stres perawat yang bekerja di ruangan rawat inap di RS. Penelitian ini merupakan penelitian analitik dengan *cross sectional*. Populasi dalam penelitian ini adalah seluruh perawat berjumlah 115 orang. Sampel penelitian menggunakan Formula Slovin sehingga jumlah sampel yaitu 54 orang. Pengumpulan data diperoleh dari melalui kuesioner. Proses pengolahan data dimulai dari editing, coding, dan tabulasi. Analisis data terdiri dari analisis univariat dan bivariat dengan uji Chi Square. Analisis multivariat dengan uji *regresi linier sederhana*. Hasil penelitian Ada hubungan beban kerja dengan tingkat stres pada perawat rawat inap berdasarkan hasil analisis uji statistik *chi-square* diperoleh nilai $p = 0,000 < 0,05$. Ada hubungan kelelahan kerja dengan tingkat stres pada perawat rawat inap berdasarkan hasil analisis uji statistik *chi-square* diperoleh nilai $p = 0,000 < 0,05$. Ada hubungan shift kerja dengan tingkat stres pada perawat rawat inap berdasarkan hasil analisis uji statistik *chi-square* diperoleh nilai $p = 0,000 < 0,05$. Ada hubungan usia dengan tingkat stres pada perawat rawat inap berdasarkan hasil analisis uji statistik *chi-square* diperoleh nilai $p = 0,000 < 0,05$. Ada hubungan keamanan kerja dengan tingkat stres pada perawat rawat inap berdasarkan hasil analisis uji statistik *chi-square* diperoleh nilai $p = 0,000 < 0,05$. Faktor yang paling dominan mempengaruhi tingkat stres pada perawat rawat inap di Rumah Sakit adalah keamanan kerja. Adapun saran bagi perawat di Rumah Sakit agar dapat meningkatkan coping diri sehingga tidak terjadi stres saat bekerja terutama stress terjadi karena keamanan kerja.

Kata Kunci : Beban Kerja, Kelelahan Kerja, Shift Kerja, Usia, Keamanan Kerja, Tingkat Stres



SARI MUTIARA
INDONESIA

DETERMINANTS OF STRESS LEVELS IN NURSES Tgk CHIK DI TIRO HOSPITAL YEAR 2023

Stress experienced by nurses is stress that is obtained or experienced at work which is included in work stress. This study aims to determine the factors that influence the stress level of nurses who work in the inpatient room at Hospital. This research is an analytic study with cross sectional. The population in this study were all nurses totaling 115 people. The research sample uses the Slovin Formula so that the number of samples is 54 people. Data collection was obtained through a questionnaire. The data processing process starts from editing, coding, and tabulation. Data analysis consisted of univariate and bivariate analysis with Chi Square test. Multivariate analysis with simple linear regression test. Research results There is a relationship between workload and stress levels in inpatient nurses based on the results of the chi-square statistical test analysis obtained p value = 0.000 < 0.05. There is a relationship between work fatigue and stress levels in inpatient nurses based on the results of the chi-square statistical test analysis obtained p = 0.000 < 0.05. There is a relationship between work shifts and stress levels in inpatient nurses based on the results of the chi-square statistical test analysis obtained p value = 0.000 < 0.05. There is a relationship between age and stress levels in inpatient nurses based on the results of the chi-square statistical test analysis obtained p value = 0.000 < 0.05. There is a relationship between job security and stress levels in inpatient nurses. Based on the results of the chi-square statistical test analysis, the value of p = 0.000 < 0.05 was obtained. The most dominant factor influencing the stress level of inpatient nurses at Hospital is job security. As for suggestions for nurses at Hospital in order to improve self-coping so that stress does not occur at work, especially stress occurs because of job security.

Keywords: Workload, Work Fatigue, Work Shift, Age, Job Security, Stress Level

