

## INTISARI

**Latar Belakang:** Perawat yang bekerja sebagai garda terdepan dalam memberikan pelayanan mengalami berbagai tekanan, salah satunya adalah stres kerja. Pandemi COVID-19 menjadi salah satu penyebab yang membuat perawat rentan terhadap stres kerja. Penyebab stres kerja pada perawat adalah beban kerja yang berlebihan, kurangnya persiapan dalam menghadapi pandemi, dan perasaan takut tertular virus COVID-19. Stres kerja perawat yang tidak teratasi menyebabkan penurunan kualitas pelayanan terhadap pasien.

**Tujuan Penelitian:** Untuk mengetahui gambaran stres kerja perawat yang memberikan asuhan keperawatan pada pasien dengan gangguan jiwa dan stres kerja perawat berdasarkan karakteristik responden.

**Metode:** Jenis penelitian yang digunakan adalah deskriptif eksploratif dengan desain *cross sectional*. Populasi dalam penelitian ini adalah perawat yang memberikan asuhan keperawatan pada pasien gangguan jiwa di RSJ Grhasia DIY. Teknik pengambilan sampel adalah *consecutive sampling* dengan jumlah sampel sebanyak 101 perawat. Pengumpulan data menggunakan kuesioner ENSS versi Indonesia dan dilakukan pada bulan Juli 2022. Data dianalisis menggunakan *Independent T-Test*, *Mann Whitney*, dan *Kruskal Wallis* untuk membandingkan stres kerja berdasarkan karakteristik responden.

**Hasil:** Perawat di RSJ Grhasia DIY memiliki skor stres kerja lebih rendah dari rata-rata ( $<45,1$ ). Skor stres kerja perawat berdasarkan subskala ENSS tertinggi pada subskala Ketidakpastian pengobatan (25,91) dan terendah pada subskala Diskriminasi (4,29). Terdapat perbedaan yang signifikan antara stres kerja perawat dengan jenis kelamin ( $p=0,013$ ) dan frekuensi kontak ( $p=0,002$ ).

**Kesimpulan:** Stres kerja perawat di RSJ Grhasia DIY relatif rendah. Terdapat perbedaan yang signifikan antara stres kerja dengan jenis kelamin dan frekuensi kontak.

**Kata kunci:** COVID-19, Perawat, Stres Kerja

## ABSTRACT

**Background:** Nurses who work as frontline health providers experience various pressures, one of which is occupational stress. The COVID-19 pandemic is one of the causes that make nurses prominent to experience occupational stress. The causes of occupational stress among nurses in the COVID-19 Pandemic are the excessive workload, lack of preparation to face the pandemic, and fear of being infected with the COVID-19 virus. Unresolved occupational stress of nurses causes a decrease in the quality of patient-care delivery.

**Research Objectives:** To identify the occupational stress among nurses who provide nursing care on patient with mental disorders and nurses stress based on the characteristics of the respondents.

**Methods:** The type of this study is a descriptive explorative with a cross-sectional design. The population in this study was nurses who provide nursing care to patients with mental disorders at Grhasia Mental Hospital, Special Region of Yogyakarta. The sampling technique was consecutive sampling with a total sample of 101 nurses. Data collection in this study was using the Indonesian version of ENSS questionnaire and carried out in Juli 2022. Data were analyzed using the Independent T-Test, Mann Whitney and Kruskal Wallis to compare occupational stress based on the characteristics of the respondents.

**Results:** Nurses at Grhasia Mental Hospital had a lower work stress score than the average ( $<45,1$ ). Based on the ENSS subscale, the highest nurses' occupational stress scores was on the Uncertainty of treatment subscale (25.91) and the lowest was on the Discrimination subscale (4.29). There is a significant difference between nurses' work stress with sex ( $p=0.013$ ) and contact frequency ( $p=0.002$ ).

**Conclusion:** The occupational stress of nurses at Grhasia Mental Hospital DIY is relatively low. There is a significant difference between occupational stress with sex and frequency of contact.

**Keywords:** COVID-19, Nurse, Occupational Stress