

INTISARI

Latar belakang : Kamar operasi emergensi merupakan unit kerja yang dengan situasi kegawatdaruratan yang membutuhkan respon cepat dan tepat terkait kondisi pasien yang mengancam jiwa. Oleh karena itu perawatnya rentan mengalami stress kerja. Stres kerja juga dapat disebabkan oleh beban kerja yang dapat berdampak pada penurunan kinerja dan produktifitas perawat sehingga pemberian asuhan keperawatan tidak maksimal dan berpotensi menimbulkan kejadian tidak diharapkan terkait insiden keselamatan pasien.

Tujuan : Menganalisa hubungan antara beban kerja dengan stress kerja perawat kamar operasi emergensi RSUP Dr Sardjito Yogyakarta.

Metode penelitian : Penelitian ini merupakan penelitian kuantitatif analitik korelasi dengan desain penelitian *cross sectional*. Teknik sampling menggunakan *total sampling*. Sampel penelitian ini adalah 40 perawat kamar operasi emergensi. Instrumen penelitian menggunakan instrumen beban kerja dan stres kerja dari penelitian Hutasuht (2014), analisis data menggunakan uji hubungan *Pearson test* dan uji beda *independent t test*.

Hasil : Beban kerja perawat kamar operasi emergensi RSUP Dr Sardjito mayoritas (82,5%) berada pada kategori rendah (mean: $18,73 \pm SD: 3,54$) dan stres kerja kategori ringan (90%, mean: $31,05 \pm SD: 6,30$). Hasil uji *pearson test* menunjukkan nilai $r 0,762$ dan $p\ value < 0,000$.

Kesimpulan : Ada hubungan yang cukup kuat dengan arah positif antara beban kerja dan stres kerja pada perawat kamar operasi emergensi di RSUP Dr Sardjito Yogyakarta.

Kata kunci : beban kerja; perawat kamar operasi; stres kerja.

ABSTRACT

Background: Emergency operating room is a work unit with emergency situations that require a quick and appropriate response related to life-threatening patient conditions. Therefore, the nurse is vulnerable to work stress. Work stress can also be caused by workload which can have an impact on decreasing nurse performance and productivity so that the provision of nursing care is not optimal and has the potential to cause unexpected events related to patient safety incidents.

Objective: Analyzed the relationship between workload and work stress of emergency operating room nurses at RSUP Dr Sardjito Yogyakarta.

Research method: This research was a correlation analytic quantitative research with cross sectional research design. The sampling technique used total sampling. The sample of this study was 40 emergency operating room nurses of RSUP Dr Sardjito Yogyakarta. The research instrument uses workload and work stress instruments from Hutasuht (2014). Data analysis using Pearson test relationship test and independent t test difference test.

Results: The workload of emergency operating room nurses at Dr. Sadjito Hospital was mostly (82.5%) in the low category (mean: $18.73 \pm SD: 3.54$) and mild work stress (90%, mean: $31.05 \pm SD: 6.30$). The results of data analysis using the pearson test showed an r value of 0.762 and a p value of 0.000*

Conclusion: There is a strong relationship with positive direction between workload and work stress in emergency operating room nurses at RSUP Dr Sardjito Yogyakarta.

Keywords: operating room nurse; workload; work stress.