



INTISARI

Latar Belakang: Secara umum, kualitas hidup profesional perawat berada dalam kategori rendah karena tingginya tuntutan pekerjaan. Perawat desa menghadapi berbagai tantangan dalam menjalankan praktiknya seperti keterbatasan anggaran, infrastruktur, dan dukungan pemerintah. Namun, hingga saat ini penelitian mengenai kualitas hidup profesional pada perawat desa masih terbatas.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui gambaran kualitas hidup profesional perawat desa secara umum berdasarkan domain *compassion satisfaction*, *compassion fatigue:burnout*, dan *compassion fatigue:secondary traumatic stress*.

Metode: Penelitian ini menggunakan metode kuantitatif dengan jenis penelitian *decriptive survey* dan rancangan *cross sectional*. Partisipan didapatkan dengan teknik *consecutive sampling*. Partisipan penelitian ini adalah perawat desa yang berjumlah 110 di Lampung Selatan, Trenggalek, dan Jakarta Selatan. Penelitian ini menggunakan kuesioner ProQOL V *Version* untuk menilai kualitas hidup profesional. Data dianalisis menggunakan statistik deskriptif.

Hasil: Secara umum, gambaran kualitas hidup profesional perawat desa dinilai tinggi berdasarkan hasil *compassion satisfaction* berada kategori tinggi (52,7%; $n=58$) sedangkan *compassion fatigue:burnout* pada kategori rendah (80,9%; $n=89$) dan *compassion fatigue:secondary traumatic stress* pada kategori rendah (94,5%; $n=104$). Kualitas hidup profesional di masing-masing daerah Lampung Selatan, Jakarta Selatan, dan Trenggalek berada pada kategori tinggi.

Kesimpulan: Kualitas hidup profesional perawat desa berada dalam kategori tinggi dengan *compassion satisfaction* tinggi serta *burnout & secondary traumatic stress* rendah. *Compassion satisfaction* perawat desa perlu ditingkatkan dengan mendukung sarana dan prasarana, menambah SDM sesuai kebutuhan, dan pelatihan guna meningkatkan kompetensi.

Kata Kunci: perawat desa, kualitas hidup profesional, ProQOL V *Version*.



ABSTRACT

Background: In general, the professional quality of life (ProQoL) among nurses is categorized as low due to high job demands. Village nurses face various challenges in their practice, including limited budgets, infrastructure, and governmental support. However, research on the professional quality of life among village nurses remains limited.

Objective: This study aims to explore the general professional quality of life among village nurses based on the domains of compassion satisfaction, compassion fatigue: burnout, and compassion fatigue: secondary traumatic stress.

Methods: A quantitative descriptive survey with a cross-sectional design was employed. Participants were recruited using consecutive sampling, involving 110 village nurses from South Lampung, Trenggalek, and South Jakarta. The ProQOL V Version questionnaire was used to assess professional quality of life. Data were analyzed using descriptive statistics.

Results: Overall, the professional quality of life among village nurses was rated high. Compassion satisfaction was in the high category (52,7%; n=58), while compassion fatigue: burnout (80,9%; n=89) and compassion fatigue: secondary traumatic stress (94,5%; n=104) were in the low category. The professional quality of life in South Lampung, South Jakarta, and Trenggalek was consistently categorized as high.

Conclusion: The professional quality of life of village nurses is categorized as high, with high compassion satisfaction and low burnout and secondary traumatic stress. Efforts to improve compassion satisfaction among village nurses should focus on enhancing facilities and infrastructure, increasing human resources according to needs, and providing training to improve competencies.

Keywords: village nurses, professional quality of life, ProQOL V Version