

## TINGKAT STRES KERJA PERAWAT TERKAIT PENGISIAN REKAM MEDIS PERAWAT DI RUMAH SAKIT X

### INTISARI

**Latar belakang:** Dokumentasi keperawatan dapat digambarkan sebagai cerminan dari keseluruhan proses pemberian asuhan keperawatan langsung kepada pasien. Perawat juga dituntut untuk melengkapi dokumen yang dibutuhkan dalam jangka waktu tertentu dan mengejar waktu untuk memenuhi kebutuhan pasien. Stres kerja kronis dapat menyebabkan kelelahan yang telah dikaitkan dengan dampak perawatan yang lebih buruk bagi pasien. Stres di kalangan petugas kesehatan penting untuk diperhatikan karena kondisi tenaga kesehatan sangat penting untuk menerapkan fasilitas layanan kesehatan yang optimal di Rumah Sakit.

**Tujuan:** Penelitian ini bertujuan untuk mengukur pengisian rekam medis perawat di Rumah Sakit X, mengukur Tingkat Stres Kerja Perawat di Rumah Sakit X, mengidentifikasi dimensi Tingkat Stres Kerja Perawat yang dominan di Rumah Sakit X, dan menganalisis hubungan Tingkat Stres Kerja Perawat dengan Pengisian Rekam Medis Perawat di Rumah Sakit X.

**Metode:** Penelitian ini merupakan penelitian Kuantitatif Observasional Deskriptif dengan pendekatan *Cross-Sectional*. Kuesioner Tingkat Stres Kerja dari OSIPOW digunakan dalam penelitian ini untuk mengukur Tingkat Stres Kerja dan komponennya meliputi *Role Overload* (Peran berlebih), *Role insufficiency* (Ketidacukupan Peran), *role ambiguity* (Ambiguitas Peran), *role boundary* (Lingkup Batas Peran), *role responsibility* (Peran Tanggung Jawab) dan *physical environment* (Lingkungan Fisik) serta akan diuji hubungannya dengan Kinerja pengisian rekam medis oleh perawat.

**Hasil :** Dari seluruh 51 Responden, didapatkan hubungan berbanding positif antara banyak formulir (Beban Kerja) dengan Pengisian Rekam Medis ( $R= 0.476$ ;  $R^2=0.227$ ;  $P\text{ value}=<0.001$ ). Beban dimensi Stres Kerja paling berat adalah dimensi Tanggungjawab Peran (Mean= 3.1571; 95% CI= 2.9327-3.3816). Beban Enam Dimensi Kelompok B lebih besar dibandingkan Kelompok A. Hasil analisis bivariat terdapat hubungan berbanding terbalik antara Masa Kerja dengan Pengisian Rekam Medis ( $R= -0.4$ ;  $P\text{ Value}=0.017$ ), tidak terdapat hubungan antara Usia dengan Pengisian Rekam Medis ( $R= -0.287$ ;  $P\text{ value}=0.094$ ) Terdapat hubungan Berbanding positif antara “Ketidacukupan Peran” ( $R= 0.334$ );  $P\text{ value}= 0.05$ ) dan Tingkat Stres Kerja ( $R= 0.339$ ;  $P\text{ value}= 0.046$ ) dengan Pengisian Rekam Medis.

**Kesimpulan :** Beban Kerja yang berlebih akan menurunkan kinerja Pengisian Rekam Medis, namun belum tentu disertai dengan peningkatan tingkat stress kerja dan beban enam dimensi stress kerja.

**Kata kunci :** Tingkat Stres Kerja, Dokumentasi Keperawatan, Kuesioner OSIPOW, Penilaian Kinerja.

## NURSES OCCUPATIONAL STRESS LEVEL RELATED TO THEIR HEALTH RECORDS FILING IN HOSPITAL X

### ABSTRACT

**Background** : Nursing documentation can be described as a reflection of the entire process of providing direct nursing care to patients. Nurses are also required to complete the required documents within a certain period of time and chase time to meet patient needs. Chronic work stress can cause fatigue which has been associated with worse outcomes of care for patients. Stress among health workers is important to note because the condition of health workers is very important for implementing optimal health care facilities in the Hospital.

**Objective**: This study aims to measure the filing of nurses' medical records at Hospital X, measure the Level of Nurses' Occupational Stress at Hospital X, identify the dimensions of the dominant Level of Nurses' Occupational Stress at Hospital X, and analyze the relationship between the Level of Nurses' Occupational Stress and the Filing of Nurses' Medical Records at Hospital X.

**Method**: This study is a Quantitative Observational Descriptive study with a Cross-Sectional approach. The OSIPOW Job Stress Level Questionnaire was used in this study to measure the Occupational Stress Level and its components include Role Overload, Role insufficiency, role ambiguity, role boundary, role responsibility and physical environment and will be tested for its relationship with the performance of filling out medical records by nurses.

**Results**: Of all 51 respondents, a positive relationship was found between the number of forms (Workload) and Medical Record Completion ( $R = 0.476$ ;  $R^2 = 0.227$ ;  $P \text{ value} = < 0.001$ ). The most severe Work Stress dimension burden was the Role Responsibility dimension (Mean = 3.1571; 95% CI = 2.9327-3.3816). The burden of the Six Dimensions of Group B is greater than Group A. The results of bivariate analysis there is an inversely proportional relationship between the length of service with the filling of medical records ( $R = -0.4$ ;  $P \text{ value} = 0.017$ ), there is no relationship between age and filling medical records ( $R = -0.287$ ;  $P \text{ value} = 0.094$ ) There is a positively proportional relationship between the "Role Insufficiency" ( $R = 0.334$ ;  $P \text{ value} = 0.05$ ) and the level of occupational stress ( $R = 0.339$ ;  $P \text{ value} = 0.046$ ) with filling medical records.

**Conclusion**: Excessive workload will reduce the performance of medical record filing, but not necessarily accompanied with an increase in occupational stress levels and the burden of the six dimensions of occupational Stress.

**Keywords**: Occupational Stress Level, Nursing Documentation, OSIPOW Questionnaire, Performance Appraisal, Health Records Filing