

## INTISARI

**Latar Belakang:** *Needle Stick Injury* (NSI) merupakan salah satu bentuk kecelakaan kerja yang sering dialami oleh tenaga kesehatan, terutama perawat, yang dapat menimbulkan risiko penularan penyakit serius seperti HIV, Hepatitis B, dan Hepatitis C. Perawat yang bekerja di ruang ICU memiliki tingkat paparan yang lebih tinggi terhadap *Needle Stick Injury* (NSI) karena tuntutan pekerjaan yang tinggi dan lingkungan kerja yang penuh tekanan. Stres kerja merupakan salah satu faktor yang diduga meningkatkan risiko terjadinya *Needle Stick Injury* (NSI).

**Tujuan Penelitian:** Mengetahui gambaran stres kerja dan risiko kejadian *Needle Stick Injury* (NSI) pada perawat di ruang *Intensive Care Unit* (ICU) Rumah Sakit Akademik UGM Yogyakarta.

**Metode:** Penelitian ini merupakan penelitian kuantitatif menggunakan rancangan *cross-sectional*. Partisipan dalam penelitian ini adalah perawat ICU RSA UGM Yogyakarta berjumlah 156 orang. Kuesioner yang digunakan dalam penelitian ini adalah kuesioner *Needle Stick Injury* (NSI) dan kuesioner *Job Stress Scale* (JSS). Analisis penelitian menggunakan distribusi frekuensi untuk univariat.

**Hasil:** Sebanyak 40 responden (25,6%) melaporkan pernah mengalami kejadian *Needle Stick Injury* (NSI). Sebanyak 68 responden (43,6%) termasuk dalam kategori berisiko mengalami *Needle Stick Injury* (NSI) dan perawat yang mengalami stres kerja sedang sebanyak 114 responden (73,1%).

**Kesimpulan:** Sebanyak 25% melaporkan pernah mengalami *Needle Stick Injury* (NSI) dan 43,6% berisiko mengalami kejadian *Needle Stick Injury* (NSI), menunjukkan perlunya upaya pencegahan lebih lanjut. Mayoritas perawat ICU RSA UGM mengalami stres kerja pada tingkat sedang, dengan tekanan waktu sebagai faktor dominan.

**Kata kunci:** *needle stick injury* (NSI), perawat ICU, stres kerja.

## ABSTRACT

**Background:** Needle Stick Injury (NSI) is a common occupational hazard among healthcare workers, particularly nurses, and poses a serious risk of transmitting infectious diseases such as HIV, Hepatitis B, and Hepatitis C. Nurses working in Intensive Care Units (ICUs) are at higher risk of Needle Stick Injury (NSI) due to high job demands and a stressful work environment. Work-related stress is suspected to be a contributing factor to the increased risk of Needle Stick Injury (NSI).

**Objective:** To describe the level of work stress and the risk of Needle Stick Injury (NSI) among nurses in the Intensive Care Unit (ICU) of the UGM Academic Hospital, Yogyakarta.

**Methods:** This is a quantitative study with a cross-sectional design. The participants were 156 ICU nurses at UGM Academic Hospital. The instruments used were the Needle Stick Injury (NSI) questionnaire and the Job Stress Scale (JSS). The data were analyzed using univariate frequency distribution.

**Results:** A total of 40 respondents (25,6%) reported having experienced a Needle Stick Injury (NSI). Additionally, 68 respondents (43,6%) were categorized as being at risk of experiencing Needle Stick Injury (NSI), and 114 respondents (73,1%) experienced a moderate level of work-related stress.

**Conclusion:** About 25% of nurses reported having experienced Needle Stick Injury (NSI), and 43,6% were at risk, indicating the need for enhanced preventive measures. The majority of ICU nurses at UGM Academic Hospital experienced moderate work-related stress, with time pressure identified as the dominant factor.

**Keywords:** needle stick injury (NSI), ICU nurses, work stress.