

**INTISARI**  
**GAMBARAN *BURNOUT* PERAWAT ANESTESI**  
**INSTALASI KAMAR BEDAH DAN ANESTESI RSUP DR. SARDJITO**  
**YOGYAKARTA**

**Latar Belakang:** *Burnout* adalah sindrom psikologis akibat paparan stres interpersonal yang berkepanjangan di tempat kerja. Kondisi ini ditandai kelelahan emosional, depersonalisasi, dan menurunnya pencapaian pribadi, yang dapat memengaruhi kepuasan kerja perawat serta kualitas pelayanan. Pada perawat anestesi, beban tugas tinggi dan tuntutan menangani situasi gawat darurat meningkatkan risiko terjadinya *burnout*.

**Tujuan Penelitian:** Mengetahui gambaran *burnout* perawat anestesi

**Metode:** Penelitian ini merupakan penelitian deskriptif kuantitatif dengan pendekatan cross-sectional. Data primer diperoleh dari pengisian kuesioner oleh responden menggunakan instrumen M-TBI.

**Hasil:** Seluruh responden yang berjumlah 43 orang (100%) perawat anestesi di kamar bedah RSUP Dr. Sardjito Yogyakarta tidak mengalami *burnout*. Hasil analisis univariat kelelahan emosional yang dialami perawat anestesi dalam kategori rendah sebanyak 37 orang (86%), kategori sedang sebanyak 6 orang (14%), depersonalisasi kategori rendah 43 orang (100%), penurunan pencapaian prestasi diri kategori rendah sebanyak 34 orang (79,1%), dan kategori sedang sebanyak 9 orang (20,9%).

**Kesimpulan:** Seluruh responden tidak mengalami *burnout*. Kelelahan emosional berada pada kategori ringan, depersonalisasi pada kategori ringan, dan penurunan prestasi pribadi pada kategori ringan.

**Kata Kunci :** Perawat anestesi, *burnout*, kamar bedah, anestesi.

**ABSTRACT**  
**DESCRIPTION OF BURNOUT LEVELS AMONG NURSE ANESTHETISTS**  
**IN THE OPERATING THEATER AND ANESTHESIA UNIT OF DR**  
**SARDJITO HOSPITAL YOGYAKARTA**

**Background:** *Burnout is a psychological syndrome resulting from prolonged exposure to interpersonal stress in the workplace. This condition is characterized by emotional exhaustion, depersonalization, and decreased personal accomplishment, which can impact nurses' job satisfaction and quality of care. For nurse anesthetists, high workloads and the demands of handling emergency situations increase the risk of burnout.*

**Objective:** *Knowing the description of nurse anesthesia burnout and the description of burnout.*

**Methods:** *This research is a quantitative descriptive study with a cross-sectional approach. Primary data were obtained from respondents completing a questionnaire using the M-TBI instrument.*

**Results :** *All respondents, totaling 43 people (100%), anesthesia nurses in the operating room of Dr. Sardjito General Hospital Yogyakarta did not experience burnout. The results of the univariate analysis of emotional exhaustion experienced by anesthesia nurses in the low category were 37 people (86%), the moderate category was 6 people (14%), depersonalization was low category was 43 people (100%), decreased achievement of self-achievement was low category was 34 people (79.1%), and the moderate category was 9 people (20.9%).*

**Conclusion:** *All respondents did not experience burnout. Emotional exhaustion was in the mild, depersonalization was in the mild category, and decreased personal accomplishment was in the mild.*

**Keywords:** *Nurse anesthesia, burnout, operating room, anesthesia .*