

INTISARI

GAMBARAN STRES KERJA PERAWAT DI RUANG INTENSIF DEWASA RSUP DR. SARDJITO YOGYAKARTA

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Latar Belakang: Perawat ICU rentan mengalami stres kerja, yang dapat berdampak pada kesehatan fisik, mental, serta kualitas pelayanan. Di RSUP Dr. Sardjito Yogyakarta, kebijakan efisiensi rumah sakit, keterbatasan sumber daya, dan target kinerja yang ketat kemungkinan dapat berpotensi meningkatkan stres kerja perawat. Stres kerja yang tidak terkelola dapat menurunkan kualitas pelayanan, menyebabkan kelelahan emosional, gangguan kesehatan, bahkan menurunkan kepuasan dan keselamatan pasien.

Tujuan Penelitian: Mengetahui gambaran tingkat stres kerja perawat di ruang intensif dewasa RSUP Dr. Sardjito Yogyakarta.

Metode: Penelitian ini merupakan penelitian deskriptif kuantitatif dengan 97 responden perawat di ruang intensif dewasa RSUP Dr. Sardjito Yogyakarta. Kuesioner yang digunakan adalah ENSS (*Expanded Nursing Stress Scale*). Data hasil dianalisa menggunakan metode univariat. Total skor yang diperoleh adalah dari rentang 0 sampai dengan 228 dengan interpretasi semakin tinggi rerata nilai maka semakin tinggi stres yang dialami.

Hasil: Gambaran stres pada perawat di ruang intensif dewasa RSUP Dr. Sardjito Yogyakarta adalah rata-rata 68,74 ($\pm 38,375$) dan median 63,00 (± 44) dari rentang 0- 228. Nilai stres tertinggi ditemukan pada ruangan ICU Bedah Jantung yaitu nilai rata-rata 82,10 ($\pm 51,172$) dengan median 75,00 (± 39) dan yang terendah adalah ruang SICU dengan nilai rata-rata 63,54 ($\pm 32,481$) dengan median 55,00 (± 39). Faktor penyebab stres perawat terbanyak berdasarkan nilai butir tertinggi adalah kekurangan staf untuk memenuhi kebutuhan unit.

Kesimpulan: Gambaran stres pada perawat di ruang intensif dewasa RSUP Dr. Sardjito Yogyakarta adalah rata-rata 68,74 ($\pm 38,375$) dan median 63,00 (± 44) dari rentang 0- 228 dengan stresor yang paling banyak berkontribusi terhadap terjadinya stres kerja pada perawat di ruang intensif dewasa RSUP Dr. Sardjito Yogyakarta adalah kekurangan staf untuk memenuhi kebutuhan unit.

Kata Kunci: Perawat, stres kerja, stresor, ruang ICU

ABSTRACT

WORK STRESS AMONG NURSES IN ADULT INTENSIVE CARE UNITS AT DR. SARDJITO GENERAL HOSPITAL YOGYAKARTA

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Background: ICU nurses are vulnerable to work-related stress, which can affect their physical and mental health as well as the quality of care provided. Hospital efficiency policies, limited resources, and strict performance targets at Dr. Sardjito General Hospital Yogyakarta may potentially increase nurses' work stress. Unmanaged work stress can reduce service quality, lead to emotional exhaustion, health problems, and decrease both patient satisfaction and safety.

Objective: To describe the level of work stress among nurses in the adult intensive care unit of Dr. Sardjito General Hospital Yogyakarta.

Methods: This study employed a quantitative descriptive design with 97 nurse respondents working in the adult intensive care unit of Dr. Sardjito General Hospital Yogyakarta. The instrument used was the Expanded Nursing Stress Scale (ENSS). Data were analyzed using univariate analysis. The total score ranged from 0 to 228, where a higher mean score indicated a higher level of stress.

Results: The average stress score among nurses in the adult intensive care unit was 68.74 (± 38.375) with a median of 63.00 (± 44) within a range of 0–228. The highest stress level was found in the Cardiac Surgery ICU with a mean score of 82.10 (± 51.172) and a median of 75.00 (± 39), while the lowest was in the Surgical ICU (SICU) with a mean score of 63.54 (± 32.481) and a median of 55.00 (± 39). The most common stressor based on the highest item score was staff shortage to meet unit needs.

Conclusion: The average level of work stress among nurses in the adult intensive care unit of Dr. Sardjito General Hospital Yogyakarta was 68.74 (± 38.375) with a median of 63.00 (± 44) out of a total range of 0–228. The most contributing stressor to nurses' work stress was the lack of staffing to meet unit demands.

Keywords: Nurses, work stress, stressor, intensive care unit (ICU)