

ABSTRAK

Latar belakang: Banyaknya kegiatan yang harus dilakukan perawat menyebabkan meningkatnya beban kerja yang akan mempengaruhi kinerja perawat. Munculnya keluhan pasien pada pelayanan perawat, tingginya angka infeksi nosokomial, meningkatnya angka kematian pasien di ruang rawat mungkin salah satunya disebabkan oleh tidak adekuatnya pelayanan karena berlebihan pekerjaan perawat.

Tujuan: Tujuan penelitian ini adalah mengetahui variasi kegiatan perawat, menghitung waktu yang digunakan untuk menyelesaikan setiap kegiatan dan gambaran beban kerja perawat di ruang rawat penyakit dalam.

Metode: Design penelitian adalah cross sectional study. Data diambil dengan cara observasi pada seluruh perawat ruang rawat penyakit dalam. Lembar observasi menggunakan teori WOMBAT (*Work Observation Method by Activity Timing*). Periode pengambilan data telah dilakukan pada bulan Maret sampai dengan April 2012. Responden pada penelitian ini berjumlah 19 perawat. Masing-masing responden diobservasi seluruh kegiatan yang dilakukannya sebanyak 6 kali, baik pada jaga pagi, siang ataupun malam. Seluruh kegiatan dan waktu dicatat untuk dicari waktu produktif sebagai gambaran beban kerja dan waktu pribadi sebagai kegiatan sosial.

Hasil: Variasi kegiatan perawat dan waktu yang digunakan berdasarkan penelitian ini adalah *indirect care* (28%, 135.78 menit), *social* (22%, 109.17 menit), *document* (17%, 84.88 menit), *medication* (12%, 57.05 menit), *professional communication* (4%, 20.96 menit), *in transit* (3%, 11.79 menit), *supervision/education* (1%, 0.6 menit) dan *administrative* (1%, 5.63 menit). Beban kerja perawat pada jaga pagi 6.3 jam, jaga siang 6.3 jam dan jaga malam 6.4 jam, dan rata-rata beban kerja perawat ruang rawat penyakit dalam RSUD Temanggung adalah 6.31 jam.

Kesimpulan: Beban kerja perawat berdasarkan time motion study adalah 6.31 jam. Variasi kegiatan perawat meliputi *direct care*, *indirect care*, *medication*, *professional communication*, *administrative*, *supervision/education*, *in transit* dan kegiatan *social*. Jenis kegiatan perawat yang mendominasi dan membutuhkan waktu paling lama adalah *indirect care*.

Kata kunci: Beban kerja perawat, *time motion study*, ruang rawat penyakit dalam

ABSTRACT

Background: Many of activities to be done nursing cause increased workload will affect the performance of nurses. The emergence of patient complaints in nursing care, high rates of nosocomial infections, increased mortality of patients in the medicine ward may be one of them caused by an inadequate nursing care because of excessive work.

Objective: The purpose of this study was to determine variations in nursing activities, calculate the time used to resolve each activity and an overview of nursing workload in internal medicine ward.

Method: Design research is a cross sectional study. Data taken by way of observation in all nurses of internal medicine ward. Observation sheet using the theory of WOMBAT (Work Observation Method by Activity Timing). Period of data collection was conducted in March until April 2012. Respondents in this study amounted to 19 nurses. Each respondent observed that all activities done as much as six times, either on the morning shift, afternoon shift or night shift. All activities and times recorded for the search for productive time as the description the workload and personal time some social activities.

Results: Variation activities nurse and time used based on this research is indirect care (28%, 135.78 minutes), social (22%, 109.17 minutes), document (17%, 84.88 minutes), medication (12%, 57.05 minutes), professional communication (4%, 20.96 minutes), in transit (3%, 11.79 minutes), supervision/ education (1%, 0.6 minutes) and administrative (1%, 5.63 minutes). Workload of nurses in the 6.3 hours morning shift, 6.3 hours day shift and 6.4 hours night shift. Average workload of internal medicine ward nurses Temanggung Hospital is 6.31 hours.

Conclusions: Workload of nurses based on time motion study is 6.31 hours. Variations of activities include direct nursing care, indirect care, medication, communication professional, administrative, supervision/ education, in transit and social activities. Types of activities that dominate the nurse and takes the longest is indirect care.

Keyword: Nurse workload, time motion study, internal medicine ward.