

Abstrak

Kompleksitas tugas dan wewenang perawat yang bekerja di rumah sakit memunculkan permasalahan-permasalahan terkait kesejahteraan subjektif perawat. Permasalahan terkait komponen emosi seperti stres dan iri terhadap rekan kerja. Permasalahan terkait komponen kognitif, seperti kurang puas pada pekerjaan dan kurang puas pada kesehatannya. Kondisi tersebut mengakibatkan kesejahteraan subjektif perawat rendah. Penelitian ini bertujuan untuk menguji secara empiris program *mindfulness* dalam meningkatkan kesejahteraan subjektif perawat. Desain penelitian menggunakan eksperimen quasi *nonequivalent pretest-posttest control group* dengan jumlah total partisipan 38 orang perawat rawat inap. Intervensi dinamakan Program *Mindfulness* untuk Perawat (ProMuP) yang dilaksanakan selama dua minggu. Instrumen penelitian yang digunakan yaitu *Kentucky Inventory Mindfulness Skills* (KIMS), Skala Kesejahteraan Subjektif, lembar evaluasi, lembar observasi, dan *workbook*. Hasil penelitian menunjukkan terdapat perbedaan skor *gain* kesejahteraan subjektif ($Z = -1,975$; $p = 0,048$) yang signifikan antara kelompok eksperimen dengan kelompok kontrol. Artinya ProMuP memberikan pengaruh yang signifikan dalam peningkatan kesejahteraan subjektif perawat. Dapat disimpulkan, ProMuP bermanfaat bagi peningkatan kesejahteraan subjektif perawat.

Kata kunci: *mindfulness*, kesejahteraan subjektif, perawat, ProMuP

Abstract

The complexity of the tasks and responsibilities of nurses who work in hospitals raises issues related to subjective well-being. Problems related emotion and cognitive domains such as emotional stress, jealous colleagues, less satisfied at work and less satisfied on health. The conditions influence in a lower subjective well-being of nurses. The purpose of this study was to to examine empirically of mindfulness program in increasing subjective well-being of nurses. A total 38 inpatient nurses participated in Mindfulness Program for Nurses during two weeks. The quasi-experimental nonequivalent pretest-posttest control group was used. Kentucky Inventory of Mindfulness Skills (KIMS), Subjective Well-Being Scale, evaluation sheets, observation sheets, and workbooks were used. The results showed there were differences in subjective well-being gain scores ($Z = -1.975$; $p = 0.048$) were significant between experimental group and control group. That was ProMuP has a significant effect in increasing of subjective well-being of nurses. In conclusion, ProMuP holds promise for increasing subjective well-being of nurses.

Keywords: mindfulness, subjective well-being, nurse, ProMuP