

**FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN *COMPASSION SATISFACTION*, *BURNOUT*, DAN *SECONDARY TRAUMATIC STRESS* PERAWAT DI RUANG PERAWATAN ANAK RSUP DR. SARDJITO YOGYAKARTA**

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**INTISARI**

**Latar belakang :** Perawat anak rentan terhadap stres yang berkaitan dengan pekerjaan. Hal tersebut karena merawat anak-anak yang mengalami penyakit serta mengalami tekanan baik emosional dan psikologis, sehingga berisiko mengalami gejala-gejala negatif yang berhubungan dengan *compassion satisfaction*, *burnout*, *secondary*. *Compassion satisfaction*, *burnout*, *secondary traumatic stress* yang dialami perawat berdampak tidak hanya untuk dirinya, tetapi juga kualitas pemberian perawatan.

**Tujuan:** Mengidentifikasi faktor-faktor yang berhubungan dengan *compassion satisfaction*, *burnout*, *secondary traumatic stress* perawat di ruang perawatan anak.

**Metode :** Penelitian ini merupakan penelitian deskriptif analitik dengan rancangan *cross sectional*. Sampel penelitian merupakan perawat anak RSUP Dr. Sardjito Yogyakarta berjumlah 107 responden. Teknik pengambilan sampel menggunakan *proportionate random sampling*. Pengambilan data dilakukan pada bulan Februari-Maret 2017 dengan menggunakan kuesioner kualitas hidup profesional versi 5. Analisis data yang digunakan adalah *chi-square*, *mann-whitney*, dan regresi ordinal.

**Hasil :** 44,9% perawat merasakan *compassion satisfaction* tingkat sedang, 52,3% perawat merasakan *burnout* tingkat sedang, 43% merasakan *secondary traumatic stress* tingkat sedang. Unit kerja memiliki  $p < 0,05$  dan nilai  $\beta$  0,945 sehingga menunjukkan hubungan yang signifikan antara unit kerja dengan *secondary traumatic stress*. Usia, masa kerja, jenis kelamin, status pernikahan, hubungan interpersonal dengan rekan kerja dan atasan, kepuasan gaji, dan rata-rata jam kerja memiliki nilai  $p > 0,05$  pada *compassion satisfaction*, *burnout*, *secondary traumatic stress* yang menunjukkan tidak adanya hubungan yang signifikan.

**Kesimpulan :** Unit kerja merupakan faktor yang berhubungan dengan *secondary traumatic stress* di ruang perawatan anak dan tidak terdapat faktor yang berhubungan dengan *compassion satisfaction* dan *burnout*.

Kata kunci : *compassion satisfaction*, *burnout*, *secondary traumatic stress*, perawat anak, unit kerja

## FACTORS RELATED TO NURSE'S COMPASSION SATISFACTION, BURNOUT, AND SECONDARY TRAUMATIC STRESS IN PEDIATRIC CARE UNIT RSUP DR. SARDJITO YOGYAKARTA

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### ABSTRACT

**Background:** Pediatric nurses are susceptible with stress related to their work. It happens because they take care children who experience the disease and emotional and psychological pressure, so it can make the risk of negative symptoms related with compassion satisfaction, burnout, secondary traumatic stress. Compassion satisfaction, burnout, secondary traumatic stress has an impact not only for them, but also for the quality of treatment.

**Objective:** Identify related factors to nurse's compassion satisfaction, burnout, secondary traumatic stress in pediatric care unit.

**Method:** This study was a descriptive analytic study with cross sectional design. The sample of this study was 107 pediatric nurses of RSUP Dr. Sardjito Yogyakarta. The sampling techniques used proportional random sampling. The data were collected from February-March 2017 using the professional quality of life questionnaire fifth version. The data analyzes used were chi-square, mann-whitney, and ordinal regression.

**Outcome:** 44.9% nurses have moderate compassion satisfaction, 52,3% nurses have moderate burnout, 43% have moderate secondary traumatic stress. The work unit has  $p < 0.05$  and  $\beta$  value is 0,945 so it means work unit has significant correlated to the secondary traumatic stress. Age, work position, sex, marital status, interpersonal relationships with colleagues and supervisor, pay satisfaction, and average working hours have  $p > 0,05$  on compassion satisfaction, burnout, secondary traumatic stress, so that factors don't have correlated to compassion satisfaction, burnout, secondary traumatic stress

**Conclusion:** The work unit is a related factor to the nurse's secondary traumatic stress in the pediatric care unit and there are no factors related to compassion satisfaction, and burnout

**Keyword(s) :** compassion satisfaction, burnout, secondary traumatic stress, pediatric nurse, work unit