

Hubungan Antara Stres Kerja, Umur, Dan Masa Kerja Dengan Perasaan Kelelahan Kerja Pada Perawat Rumah Sakit Jiwa Grhasia DIY

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INTISARI

Latar Belakang. Rumah sakit (RS) termasuk ke dalam kriteria tempat kerja dengan berbagai ancaman kesehatan khususnya bagi para pelaku yang bekerja di RS. Perawat adalah salah satu sumber daya manusia yang menunjang keberhasilan rumah sakit dan beresiko tinggi terhadap stress. Beban kerja yang dirasakan perawat di Rumah Sakit Jiwa Grhasia cukup banyak dan dapat memicu terjadinya kelelahan. Umur dan masa kerja diketahui merupakan faktor yang dapat mempengaruhi kelelahan kerja

Tujuan. Penelitian ini bertujuan untuk mengetahui hubungan stres kerja, umur, dan masa kerja dengan perasaan kelelahan kerja pada perawat di Rumah Sakit Jiwa (RSJ) Grhasia DIY.

Metode Penelitian. Jenis penelitian kuantitatif, menggunakan desain *cross sectional*. Subjek penelitian sebanyak 55 orang. Variabel bebas antara lain stres kerja, umur, dan masa kerja perawat RSJ Grhasia. Variabel terikat adalah perasaan kelelahan kerja perawat RSJ Grhasia. Alat yang digunakan yaitu lembar isian data, kuesioner stres kerja, dan kuesioner KAUPK2. Data penelitian dianalisis menggunakan uji *Pearson Product Moment* dan regresi linear ganda.

Hasil Penelitian. Bahwa untuk hubungan stres kerja dengan perasaan kelelahan kerja nilai $r = 0,454$, $p_{\text{value}} < 0,05$, hubungan umur dengan perasaan kelelahan kerja nilai $r = 0,334$, $p_{\text{value}} < 0,05$, hubungan masa kerja dengan perasaan kelelahan kerja nilai $r = 0,361$, $p_{\text{value}} < 0,05$. Hasil analisis regresi ganda menunjukkan bahwa stres kerja dan masa kerja memiliki hubungan dan merupakan faktor-faktor yang paling berperan dalam menentukan perasaan kelelahan kerja pada perawat RSJ Grhasia, DIY ($R^2 = 0,275$, $p = 0,000$).

Kesimpulan. Menunjukkan bahwa ada hubungan antara stres kerja, umur, dan masa kerja dengan perasaan kelelahan kerja pada perawat RSJ Grhasia, serta ada pengaruh secara simultan antara stres kerja dan masa kerja dengan perasaan kelelahan kerja pada perawat RSJ Grhasia DIY.

Kata Kunci. Stres kerja, umur, masa kerja, perasaan kelelahan kerja, perawat.

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Correlation Between Occupational Stress, Age, and Working Period With Feeling of Fatigue on Nurses at Grhasia Psychiatric Hospital, Special Region of Yogyakarta

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ABSTRACT

Background. Hospital is included in the criteria of workplace with various health hazards, especially for the people who work in hospital. Nurse is one of human resources that support successful hospital and have a high risk for stress. According to nurses at Grhasia Psychiatric Hospital, the workload perceived by them are quite a lot and can lead to fatigue. Age and working period are factors that affect fatigue.

Objective. This study was to determine the relationship of occupational stress, age, and working period with a feeling of fatigue on nurses at Grhasia Psychiatric Hospital, Special Region of Yogyakarta.

Research Methods. This is a quantitative study with cross sectional design. Subjects were nurses at Grhasia Psychiatric Hospital, Special Region of Yogyakarta with sample size of 55 people. The independent variables are work stress, age, and working period. The dependent variable is the feeling of fatigue. The instrument used in this study is the data sheet form, occupational stress questionnaire and KAUPK2 questionnaire. Research data were analyzed using Pearson Product Moment Test and Multiple Linear Regression.

Result. The results showed that there is correlation between occupational stress with the feeling of fatigue (r value = 0,454, p value < 0,05), there is correlation between age with the feeling of fatigue (r value = 0,334, p_{value} < 0,05), there is correlation between working period with the feeling of fatigue (r value = 0,361, p_{value} < 0,05). The results of multiple linear regression analysis showed that occupational stress and working period have a correlation and are variables in determining feelings of fatigue on nurses at Grhasia Psychiatric Hospital, Special Region of Yogyakarta ($R^2 = 0,275$, $p = 0,000$).

Conclusion. There are correlation between occupational stress, age, and working period with the feeling of fatigue but only occupational stress and working period that determine feelings of fatigue experienced by nurses at Grhasia Psychiatric Hospital, Special Region of Yogyakarta.

Keywords. occupational stress, age, working period, feeling of fatigue, nurse.

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