

## Hubungan antara tingkat stres kerja dan perilaku makan Perawat di Rumah Sakit Haji Jakarta = The relationship between job stress levels and eating behavior of Nurses in Jakarta Haji Hospital

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### Abstrak

Stres kerja yang terjadi akibat tuntutan kerja yang berlebihan dapat mempengaruhi perilaku kesehatan perawat, termasuk perilaku makan. Penelitian ini bertujuan untuk mengetahui hubungan tingkat stres kerja dengan perilaku makan perawat di Rumah Sakit Haji Jakarta. Penelitian dengan desain deskriptif korelatif dilakukan pada 63 perawat di ruang rawat inap yang dipilih dengan proporsionate stratified random sampling.

Hasil penelitian menunjukkan ada hubungan yang bermakna antara tingkat stres kerja dan perilaku makan perawat ( $p=0,048$ ;  $=0,05$ ). Penelitian ini merekomendasikan agar perawat dan pihak rumah sakit perlu berkolaborasi dalam menurunkan stres kerja guna mengoptimalkan pencapaian perilaku makan yang baik dan peningkatan kinerja perawat dalam pelayanan kesehatan.

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Job stress which occurs due to excessive work demands can affect nurses' health behavior, including eating behavior. This study aimed to identify the relationship between job stress levels and eating behavior among Jakarta Haji Hospital nurses. Correlative descriptive study was conducted among 63 nurses in the inpatient unit by proporsionate stratified random sampling.

The result showed that there was a significant relationship between job stress level and eating behavior of nurses ( $p=0.048$ ;  $=0.05$ ). This study recommends that nurses and the hospital management need to collaborate in reducing job stress to optimize the achievement of good eating behavior and improve nurses performance in health care services.