

Gambaran faktor faktor yang memengaruhi stres kerja perawat di ruang IGD Emergency Setting RSUD Cibinong = Descriptive study factors affecting job stress nurses in emergency rooms emergency setting Cibinong public Hospital Bogor

Mustafidz, author

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Abstrak

Perawat IGD merupakan salah satu profesi yang rentan mengalami stres kerja. Faktor penyebab perawat IGD stres antara lain kematian pasien, konflik dengan dokter, kurangnya persiapan, masalah dengan sesama profesi, masalah dengan supervisor, beban kerja yang berlebihan, ragu-ragu dalam memberikan treatment, serta masalah yang disebabkan oleh pasien dan keluarganya. Penelitian deskriptif dengan desain cross sectional ini bertujuan untuk menggambarkan stres kerja perawat di ruang IGD (emergency setting) RSUD Cibinong. Sampel penelitian berjumlah 21 perawat (total sampling). Hasil penelitian didapatkan bahwa sebanyak 61,9% perawat mengalami stres rendah dan 38,1% perawat mengalami stres tinggi.

Penelitian ini memberikan rekomendasi kepada para perawat IGD agar mampu mengidentifikasi penyebab stres kerja dan mampu meminimalisasi stres kerja.

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Emergency Room Nurse is one of the professions that is susceptible to job stress. Factors causing stress among the emergency room nurses were patient's death, conflict with physicians, inadequate preparation, problems with fellow profession, problems with supervisors, workload, uncertainty in giving treatment, and problems caused by patients and their families. This descriptive research designed in cross sectional study that aimed to describe nurse stress in the emergency room (emergency setting) of Cibinong Public Hospital. The sample were 21 nurses (total sampling). The results showed that 61.9% of nurses had lower stress and 38.1% of nurses experiencing high stress.

This study provided recommendations to the emergency room nurses to be able to identify the causes of workplace stress and to minimize the work stress.