

## Hubungan burnout dengan perilaku caring perawat di rumah sakit kanker Dharmais Jakarta = Relationship between nurses burnout and caring behavior in Dharmais cancer hospital Jakarta

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### Abstrak

Burnout merupakan kondisi seseorang yang mengalami stres kerja sehingga berakibat kepada kelelahan fisik, emosional, perubahan perilaku, dan penurunan pencapaian kerja. Sedangkan, perilaku caring merupakan inti dari praktik keperawatan sebagai fenomena universal yang berpengaruh terhadap komunikasi, cara berpikir, berperasaan, dan berperilaku satu sama lain.

Hasil penelitian pada 87 perawat di RS Kanker menunjukkan tidak adanya hubungan bermakna antara tingkat burnout dengan perilaku caring perawat onkologi di RS Kanker Jakarta dikarenakan hasil distribusi data yang tidak normal. Sekitar 50,7% perawat yang memiliki tingkat burnout tinggi tergolong berperilaku caring tinggi dan 49,3% tergolong berperilaku caring rendah.

Berdasarkan hasil analisis data, rumah sakit sebaiknya meningkatkan pelatihan mengenai excellent service dan patient safety, gathering antar perawat dan tenaga kesehatan, serta rotasi ruangan kerja perawat sesuai kompetensi agar dapat menurunkan tingkat burnout dan meningkatkan perilaku caring yang berdampak pada pelayanan kesehatan optimal kepada klien kanker.

*Burnout is a condition when a person experiencing stress over work, resulting in physical and emotional exhaustion, as well behavioral changes and declining employment achievement. Caring behavior is the core of nursing practice, as the universal phenomenon which has implications on communication, ways of thinking, feelings, and behavior to each other.*

The result from a study on 87 nursing staffs at Hospital of Cancer in Jakarta showed that there was no significant relationship between the levels of burnout and caring behavior among oncology nurse in Hospital of Cancer, since the data distribution of the variables were abnormal.

Based on the data analysis, the hospital need to develop training programs for nurses and other health care professionals, also arranging job rotations which fit the nurses competencies, in order to reduce levels of burnout, while upgrading nurses caring behavior, which improve the optimality of the health care service for oncology clients.