

## Gambaran kejenuhan (burnout) dan kinerja perawat di unit rawat inap rumah sakit rujukan nasional di Jakarta = Description of job burnout and nurse work performance at in patient unit of national refferal hospital in Jakarta

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### Abstrak

Perawat adalah satu profesi pelayanan kesehatan yang berisiko tinggi mengalami kejenuhan kerja karena beban kerja yang berat dan stres kerja yang tinggi yang dapat menyebabkan terjadinya penurunan kinerja dan produktifitas kerja, Penelitian ini menggunakan desain deskriptif yang bertujuan mengetahui gambaran kejenuhan (burnout) dan kinerja perawat dan unit rawat inap salah satu rumah sakit rujukan nasional di Jakarta. Jumlah partisipan pada penelitian sebanyak 96 perawat (usia rata-rata 30,36; SD=7,990) yang dipilih berdasarkan metode random sampling. Instrumen penelitian ini menggunakan kuesioner burnout dari MBI (Maslach Burnout Inventory), kuesioner kinerja perawat dan kuesioner stres perawat ENSS (Expanded Nursing Stress Scale).

Hasil penelitian didapatkan sebagian besar partisipan penelitian mengalami stres kerja sedang (66,7%), mempunyai tingkat kejenuhan (burnout) sedang (83,3%), dan mempunyai kinerja sangat baik (80,2%). Rumah sakit diharapkan dapat lebih memberikan perhatian terhadap stres dan kejenuhan kerja terhadap para perawatnya agar dapat memberikan situasi kerja yang lebih kondusif yang dapat mempengaruhi kenyamanan perawat dalam bekerja.

<i>The nurse is a profession of health services at high risk of job burnout because of the heavy workload and job stress high can cause a decrease in performance and productivity of work, this research uses descriptive design that aims to know the description saturation (burnout) and the performance of nurses and unit inpatient one national referral hospital in Jakarta. The number of participants in the study were 96 nurses (average age 30.36; SD = 7.990) were selected by random sampling method. The research instruments used questionnaires burnout of the MBI (Maslach Burnout Inventory), questionnaires performance of nurses and nurse Enns stress questionnaire (Expanded Nursing Stress Scale).

Results research shows the majority of study participants were experiencing work stress (66.7%), has a saturation level (burnout) moderate (83.3%), and has a very good performance (80.2%). The hospital is expected to give more attention to stress and job burnout against the nurses in order to give more employment situation more conducive to affect the comfort of nurses in work.</i>