

# Hubungan stress kerja dengan perilaku caring dan kualitas hidup profesional perawat komunitas pada masa pandemi COVID-19 di wilayah Jakarta Pusat = Correlation of occupational stress on caring behaviour and professional quality of life of community health nurses During Pandemic COVID-19 in central Jakarta region

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## Abstrak

Pandemi COVID-19 telah ditetapkan sebagai kedaruratan kesehatan masyarakat yang meresahkan dunia sejak Januari 2020. Kondisi pandemi menghadapkan tenaga kesehatan khususnya perawat pada masalah krisis profesional keperawatan. Perawat yang memberikan asuhan keperawatan selama pandemi COVID-19 beresiko untuk mengalami stress kerja yang berdampak pada perilaku caring dan kualitas hidup profesionalnya. Tujuan penelitian ini adalah untuk mengidentifikasi hubungan stress kerja dengan perilaku caring dan kualitas hidup profesional perawat komunitas pada masa pandemi COVID-19. Penelitian ini dilakukan dengan desain correlational pada 120 perawat komunitas di Jakarta Pusat. Sampel penelitian diperoleh dengan teknik non-probability purposive sampling sesuai dengan kriteria inklusi penelitian. Hasil analisa dengan uji korelasi ditemukan terdapat hubungan antara stress kerja dengan perilaku caring, hubungan tersebut memiliki arah korelasi negatif ( $p$  value = 0,041,  $r$  = -0,187). Terdapat hubungan yang signifikan antara stress kerja dengan kualitas hidup profesional (KHP), dengan kekuatan korelasi sedang dan arah korelasi positif ( $p$  value = 0,0001,  $r$  = 0,405). Hasil analisis regresi linear ganda menunjukkan tidak ada faktor dari stress kerja yang secara signifikan dapat memprediksi perilaku caring ( $p$  value = 0,264,  $R^2$  = 0,065), dan subvariabel stress kerja dapat memprediksi kualitas hidup profesional, akan tetapi tidak ada subvariabel yang dinilai paling berhubungan dengan kualitas hidup profesional ( $p$  value = 0,0001,  $R^2$  = 0,260). Hasil penelitian ini dapat menjadi referensi untuk melakukan monitoring dan evaluasi tingkat stress kerja yang dialami perawat secara berkala serta mengembangkan intervensi untuk mengurangi stress kerja perawat melalui upaya primer, sekunder dan tersier.

.....The outbreak of COVID-19 is a public health emergency of international concern since January 2020. Pandemic COVID-19 has made healthcare staff especially nurses to face adequate nursing professionals critical issues. Nurses who provide nursing care during the COVID-19 pandemic are at risk of experiencing occupational stress on their caring behaviour and professional quality of life. This study aimed to identify the correlational of occupational stress between caring behaviour and professional quality of life of community nurses during pandemic COVID-19. This study was conducted with correlational design of 120 community health nurses in Central Jakarta area. The research sample was obtained using a non-probability purposive sampling technique in accordance with the research inclusion criteria. The results of the analysis

with the correlational study found that there was a correlation between occupational stress with caring behavior, the stressors was negatively related to caring behavior (p value = 0,041,  $r = -0,187$ ). There was a statistically significant positive correlation between occupational stress and professional quality of life, (p value = 0,0001,  $r = 0,405$ ). The results of multiple linear regression analysis showed that there is no occupational stress related factor that can significantly predict caring behavior on nurses (p value = 0,264,  $R^2 = 0,065$ ). On the other hand there were some occupational stress sub variables which can predict professional quality of life, but none of the sub variables rated most related to professional quality of life (p value = 0,0001,  $R^2 = 0,260$ ). Study findings can be a reference for monitoring dan evaluating program for nurses and device intervention that reduce stressors through primary, secondary and tertiary prevention.