

Determinan perilaku perawat sehat di Rumah Sakit Umum = Determinants of healthy nurse behavior in General Hospitals

Endang Sudjiati, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20517846&lokasi=lokal>

Abstrak

Perilaku sehat perawat masih perlu terus diperbaiki agar tidak menurunkan kondisi kesehatan perawat yang akan berdampak pada kinerja perawat dan kualitas pelayanan keperawatan yang diberikan. Tujuan penelitian ini adalah untuk mengidentifikasi determinan perilaku perawat sehat di rumah sakit umum. Penelitian ini menggunakan desain cross-sectional yang melibatkan 356 perawat pelaksana di satu Rumah Sakit Umum di Jakarta yang dipilih dengan teknik simple random sampling. Populasi yang digunakan perawat pelaksana di RSCM. Ukuran sampel menggunakan rumus Slovin. Perilaku sehat perawat diukur dengan alat ukur yang dikembangkan oleh peneliti berdasarkan profil gaya hidup promosi kesehatan II dan perilaku perawat sehat, pernyataan yang sudah valid dan reliabel dengan nilai $r < 0,367$ dan Cronbach alpha = 0,389 - 0,889.

Hasil analisis regresi logistik berganda mendapatkan determinan perilaku perawat sehat yaitu profil gaya hidup pada aspek aktifitas fisik ($p < 0,01$; OR 4,760), manajemen stres ($p < 0,001$; OR 4,549), dan spiritual ($p = 0,211$; OR 1,456). Faktor usia, jenis kelamin, tingkat pendidikan, status pernikahan, status kepegawaian, lama kerja, jenis ruangan unit kerja, pengetahuan sikap, faktor lingkungan dan beban kerja tidak berhubungan dengan perilaku perawat sehat ($p > 0,05$). Akan tetapi, hasil uji chi square mendapatkan usia ($p = 0,038$), tingkat pendidikan (0,034), sikap ($p = 0,002$) dan profil gaya hidup (semua aspek $p < 0,001$) berhubungan dengan perilaku perawat sehat. Program pemeliharaan dan peningkatan kesehatan perawat yang terstruktur dan terukur secara berkala perlu dibuat baik oleh individu perawat maupun pihak manajemen.

.....

The healthy behavior of nurses still needs to be improved so as not to reduce the health condition of nurses which will have an impact on the performance of nurses and the quality of nursing services provided. The purpose of this study was to identify the behavioral determinants of healthy nurses in public hospitals. This study used a cross-sectional design involving 356 nurses at one general hospital in Jakarta which were selected using a simple random sampling technique. The population used by nurses in RSCM. The sample size uses the Slovin formula. Nurses' healthy behavior was measured by a measuring instrument developed by researchers based on the health promotion lifestyle profile II and healthy nurse behavior, statements that were valid and reliable with r value < 0.367 and Cronbach alpha = 0.389 - 0.889.

The results of multiple logistic regression analysis found that the behavioral determinants of healthy nurses were lifestyle profiles on aspects of physical activity ($p < 0.01$; OR 4.760), stress management ($p < 0.001$; OR 4.549), and spirituality ($p = 0.211$; OR 1.456). Factors of age, gender, education level, marital status, employment status, length of work, type of work unit room, knowledge of attitudes, environmental factors and workload were not related to the behavior of healthy nurses ($p > 0.05$). However, the results of the chi square test found that age ($p = 0.038$), education level (0.034), attitude ($p = 0.002$) and lifestyle profile (all aspects $p < 0.001$) were related to the behavior of healthy nurses. A structured and measurable program for maintaining and improving the health of nurses on a regular basis needs to be made by both individual

nurses and the management.