

Perbedaan tingkat burnout antara perawat di rumah sakit berdasarkan unit kerja selama Pandemi COVID-19 = A comparative study of burnout among nurses based on their Hospital Unit During the COVID-19 Pandemic

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Abstrak

Di Indonesia, perawat merupakan populasi tenaga kesehatan yang paling banyak terpapar oleh virus COVID-19 sehingga menimbulkan kekhawatiran terhadap kondisi kesehatan mental mereka. Beban kerja yang tinggi, durasi kerja yang panjang, kesulitan menyesuaikan diri di situasi pandemi meningkatkan risiko mereka mengembangkan burnout. Studi menemukan bahwa unit kerja dapat menentukan risiko perawat terpapar oleh burnout. Akan tetapi, selama pandemi COVID-19 studi menemukan hasil yang berlawanan, ada yang menemukan perbedaan burnout pada perawat berdasarkan unit kerja, tetapi ada juga yang tidak. Maka dari itu, penelitian ini hendak melihat perbedaan taraf burnout pada perawat berdasarkan unit kerja mereka. Penelitian ini dilakukan pada pertengahan Februari 2022 ketika gelombang dua COVID-19 terjadi di Indonesia. Menggunakan pendekatan hospital-based, 178 perawat dari ICU, UGD, Unit Operasi, Unit Rawat Inap, dan Unit Rawat Jalan dari rumah sakit X di Tangerang berpartisipasi dalam penelitian ini. Hasil penelitian menunjukkan bahwa tidak ditemukan perbedaan burnout pada perawat berdasarkan unit kerja mereka selama pandemi COVID-19. Hal ini dapat dijelaskan oleh karakteristik rumah sakit X yang berada dalam skala yang kecil. Rumah sakit dengan skala kecil cenderung bisa mendistribusikan perawat secara merata di setiap unit, sehingga tekanan yang dialami perawat cenderung serupa. Maka dari itu, risiko burnout pada perawat di setiap unit cenderung sama.

.....Nurses are the largest population of health workers who are most exposed to the COVID-19 virus in Indonesia, which raises concerns about their mental health state. High workload, long shift duration, and hardship to adapt in uncertain situations increase their risk to develop burnout. In addition to that, previous studies found that hospital units are one of the risk factors that could affect burnout in nurses because each unit has different intensity levels. However, during COVID-19, there are contradicting findings, some studies found differences in burnout based on hospital units, but some studies don't. Therefore, the aim is to find differences in burnout levels between nurses based on their hospital units. Using a hospital-based approach, a total of 178 nurses from ICU, ED, OT, Inpatient, and Outpatient Unit from a hospital in Tangerang participated in this study. Furthermore, this study was conducted in mid-February 2022 when the second wave of COVID-19 hit Indonesia. This study found that there aren't any significant differences of burnout levels found among nurses based on their hospital units. This result could be explained by noticing the characteristic of hospital X, which is a small-scale hospital. Hospitals with small scale tend to be able to distribute nurses evenly in each unit, so the pressure experienced by nurses tends to be similar. Therefore, the burnout risk for nurses in each unit tends to be the same with one another.