

# Faktor-faktor yang Berhubungan dengan Burnout pada Perawat Selama Masa Pandemi Covid-19 di RS X Kota Bogor = Factors Associated with Burnout in Nurses During the Covid-19 Pandemic Period at RS X Bogor City

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## Abstrak

Pandemi Covid-19 telah menyebar secara global, sistem pelayanan kesehatan dihadapkan pada tantangan besar dan perawat sebagai garda terdepan dalam penanganan Covid-19 berisiko mengalami burnout. Burnout adalah kelelahan fisik, kelelahan emosional, dan kelelahan mental yang disebabkan oleh stres yang berkepanjangan. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan burnout pada perawat selama masa pandemi covid-19 di RS X Kota Bogor. Penelitian ini merupakan penelitian kuantitatif dengan desain cross-sectional dan dilakukan pada 12 Juli - 20 Juli 2022. Sampel pada penelitian ini sebanyak 171 perawat pelaksana yang bekerja di Ruang Rawat Inap RS X Kota Bogor. Pengumpulan data menggunakan kuesioner Maslach Burnout Inventory-Human Services Survey (MBI-HSS) dan analisis data menggunakan uji statistik chi-square. Hasil penelitian menunjukkan 43,9% perawat mengalami burnout rendah dan 56,1 perawat mengalami burnout sedang. Variabel yang berhubungan dengan burnout yaitu jenis kelamin ( $p=0,037$ ), stres kerja ( $p=0,000$ ), beban kerja ( $p=0,036$ ), dan kondisi kerja ( $p=0,003$ ), sedangkan umur ( $p=0,490$ ), pendidikan ( $p=0,170$ ), lama bekerja ( $p=0,356$ ), status pernikahan ( $p=0,751$ ), dan dukungan sosial ( $p=0,408$ ) tidak berhubungan dengan burnout. Kesimpulan penelitian ini adalah perawat mengalami burnout rendah dan sedang sehingga diperlukan upaya preventif untuk mengurangi risiko burnout pada perawat.

.....The Covid-19 has spread globally and healthcare system faced major challenges in terms of human resources. Nurses, as the front line of handling Covid-19 are at risk of having burnout. Burnout is defined as physical exhaustion, emotional exhaustion, and mental exhaustion caused by prolonged stress. This study aims to determine factors that potentially associated with burnout in nurses during the Covid-19 pandemic at RS X Bogor City. This study is a quantitative study with a cross-sectional design and was conducted in 12 July – 20 July 2022. The sample in this study was 171 nurses who worked in the Inpatient Room of RS X Bogor City. Data collection using the Maslach Burnout Inventory-Human Services Survey (MBI-HSS) questionnaire and data analysis using the chi-square statistical test. The results showed that 43.9% of nurses experienced low burnout and 56.1% nurses experienced moderate burnout. Variables related to burnout were gender ( $p=0.037$ ), work stress ( $p=0.000$ ), workload ( $p=0.036$ ), and working conditions ( $p=0.003$ ), while age ( $p=0.490$ ), education ( $p=0.170$ ), length of work ( $p=0.356$ ), marital status ( $p=0.751$ ), and social support ( $p=0.408$ ) were not associated with burnout. In conclusion, preventive efforts are required to handling the burnout risks, particularly for nurses with low and moderate burnout's level.