# Analisis hubungan antara stresor kerja dengan gangguan mental emosional perawat wanita di Rumah Sakit Umum Pusat Nasional Dr. Cipto Mangunkusumo Jakarta

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Abstrak

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Ruang lingkup dan cara penelitian:Perawat kesehatan merupakan sumber daya manusia yang terlibat langsung dalam kegiatan rumah sakit. Perawat kesehatan selalu dihadapkan dengan berbagai masalah, seperti beban kerja berlebih kuantitatif dan kualitatif, kerja gilir, risiko penularan, tanggung jawab tugas, dan sebagainya. Semua masalah ini dapat merupakan stresor kerja yang akan berdampak pada kesehatan jiwa perawat, diantaranya gangguan mental emosional.

Penelitian ini bertujuan untuk melihat hubungan antara stresor kerja dengan gangguan mental emosional di kalangan perawat kesehatan.Unluk menganalisis hubungan antara stresor kerja dengan gangguan mental emosional pada perawat kesehatan RSUPNCM Jakarta, digunakan dua macam instrumen. Pengukuran stres kerja dipergunakan instrumen kuesioner Survai Diagnostik Stres. Penilaian gangguan mental emosional dipergunakan instrumen kuesioner Symptom Check List 90 (SCL9O).

Penelitian ini menggunakan disain studi potong lintang(cross sectional), terhadap 300 subjek penelitian yang terdiri dari perawat rawat inap dan rawat jalan. Analisis dilakukan dengan cara analisis bivariate, dilanjutkan analisis multivariat regresi dengan cara analisis regresi linear ganda.

Hasil dan kesimpulan :Perawat rawat inap lebih stres dibandingkan perawat rawat jalan. Stresor pada perawat rawat inap didominasi oleh beban kualitatif dan konflik peran. Prevalensi gangguan mental emosional pada perawat kesehatan 17,7%. Perawat rawat inap lebih banyak mengalami gangguan mental emosional dibandingkan perawat rawat jalan. Ada hubungan bermakna antara stresor kerja dengan gangguan mental emosional. Pada derajat sires tinggi, yang mempunyai hubungan bermakna dengan dengan gangguan mental emosional adalah stresor ketaksaan peran. Risiko terjadinya gangguan mental emosional pada stresor ini adalah 5,8 kali lebih tinggi dibandingkan derajat stres rendah. Pada derajat stres sedang, yang ada hubungan bermakna dengan gangguan mental emosional adalah stresor tanggung jawab, pengembangan karier, beban kuantitatif, dan konflik peran, dengan risiko tertinggi pada stresor tanggung jawab. Pada stresor tanggung jawab, risiko terjadinya gangguan mental emosional perawat yang mengalami stres derajat sedang adalah 3,54 kali dibandingkan stres rendah. Pada analisis multivariat, stresor kerja yang ada hubungan bermakna dengan gangguan mental emosional adalah stresor tanggung jawab. Karakteristik subjek yang ada hubungan bermakna dengan stres kerja adalah variabel bagian (rawat inap/rawat jalan).

<hr><i><b>ABSTRACT</b>

Nurses are human recourses who are direct involved in hospital activity. Nurses are often confronted with many problems such as qualitative overload, quantitative overload, shift work, job responsibilities, and contaminated risk. All of the problems are occupational stressors which result in mental health of nurses,

such as emotional disorders. The purpose of this study is to find the relationship between occupational stress and mental emotional disorders among health nurses at RSUPNCM in Jakarta. The Survey Diagnostic Stress questionnaire was used to measure the occupational stress and the SCL 90 questionnaire was used to measure the mental emotional disorders.

This study design was a cross sectional design with a sample of 300 subjects. Collected data was processed using bivariate analysis and multivariate analysis.

Results and conclusions :
Ward nurses were more stressful) than ambulatory nurses. Stressors of ward nurses were dominated by qualitative overload and career development. Stressors of ambulatory nurses were dominated by qualitative overload and role conflict. Prevalence of mental emotional disorders on nurses are 17.7%. There were significant relationship between occupational stress with mental emotional disorders.

In high level stress, stressors which having significant relationship with mental emotional disorders was role ambiguity. Mental emotional disorders risk of this stressor is 5.8 times more than low level stress. In the moderate stress, stressors which having significant relationship with mental emotional disorders was responsibility stressor, career development, quantitative overload, and role conflict. The highest risk was responsibility stressor. For responsibility stressor, nurses with moderate stress experience have a risk of mental emotional disorders 3,45 times more than nurses with low stress. By multivatriate analysis, occupational stressor with significant relationship to mental emotional disorders was responsibility stressor. Subject characteristics with significant relationship to the stress was unit variable ( ward nurses/ambulatory nurses).

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