

## Gambaran Stress Akademik dan Kelelahan Kerja (Burnout) pada Perawat yang Melanjutkan Studi = Description of Academic Stress and Work Fatigue (Burnout) in Nurses Who Continue Their Studies

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### Abstrak

Perawat yang melanjutkan studi dapat mengalami tingkat kelelahan dan stress yang tinggi karena menghadapi tekanan akademik disertai beban pekerjaan. Stress akademik dan kelelahan kerja dapat memberikan dampak pada permasalahan fisik dan mental, serta kinerja yang buruk. Meskipun perawat sebagai mahasiswa keperawatan menerima pembelajaran mengenai stress dan kelelahan, namun sebagian besar mahasiswa tidak dapat mengenali gejala tersebut pada diri mereka sendiri. Tujuan penelitian ini untuk mengetahui gambaran stress akademik dan kelelahan kerja (burnout) berdasarkan karakteristik perawat yang melanjutkan studi. Penelitian ini merupakan penelitian deskriptif. Populasi target dalam penelitian ini adalah perawat yang masih aktif bekerja sambil melanjutkan studi di Fakultas Ilmu Keperawatan Universitas Muhammadiyah Jakarta (UMJ). Teknik pengambilan sampling yang digunakan teknik probability sampling, dengan jumlah sampel sebanyak 119 responden dari mahasiswa keperawatan S1 Ekstensi dan S2 tahun 2021-2022. Pengukuran tingkat stress akademik menggunakan kuesioner Student-Life Stress Inventory (SLSI) dan tingkat burnout kerja menggunakan kuesioner Maslach Burnout Inventory Human Service (MBI-HSS). Data dianalisis dengan uji analisa univariat, dan didapatkan bahwa 80 perawat mengalami stress akademik sedang (67.2%), diikuti kelelahan kerja (burnout) sebanyak 91 perawat mengalami burnout tingkat sedang (76.5%). Hasil ini menunjukkan bahwa tingkat stress akademik sedang, diikuti dengan tingkat burnout sedang sehingga perlu dianalisa setiap karakteristik dari setiap komponen. Diharapkan penelitian ini dapat dijadikan sebagai bahan masukan bagi institusi pendidikan untuk memperhatikan kebutuhan mahasiswa seperti konseling, dan pelayanan keperawatan memberikan layanan dukungan.

.....Nurses who continue their studies can experience high levels of fatigue and stress due to facing academic pressure combined with workload. Academic stress and work fatigue can have an impact on physical and mental problems, as well as poor performance. Even though nurses as nursing students receive learning about stress and fatigue, most students cannot recognize these symptoms in themselves. The aim of this research is to determine the description of academic stress and work fatigue (burnout) based on the characteristics of nurses who are continuing their studies. This research is a descriptive research. The target population in this research are nurses who are still actively working while continuing their studies at the Faculty of Nursing, Muhammadiyah University, Jakarta (UMJ). The sampling technique used was probability sampling, with a total sample of 119 respondents from undergraduate and postgraduate extension nursing students in 2021-2022. Measurement of academic stress levels used the Student-Life Stress Inventory (SLSI) questionnaire and work burnout levels used the Maslach Burnout Inventory Human Service (MBI-HSS) questionnaire. Data were analyzed using univariate analysis tests, and it was found that 80 nurses experienced moderate academic stress (67.2%), followed by work fatigue (burnout) as many as 91 nurses experienced moderate levels of burnout (76.5%). These results indicate that the level of academic stress is moderate, followed by a moderate level of burnout so it is necessary to analyze each characteristic of each component. It is hoped that this research can be used as input material for educational institutions to

pay attention to student needs such as counseling, and nursing services providing support services.