

Peran Perceived Social Support Terhadap Burnout pada Perawat di Rumah Sakit X Kelas A di Jakarta = The Role of Perceived Social Support on Burnout in Nurses at Class A X Hospital in Jakarta

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Abstrak

Tujuan dari penelitian ini untuk mengeksplorasi peran perceived social support pada burnout terhadap perawat di rumah sakit X kelas A di Jakarta. Penelitian ini mengolah data dari 124 partisipan yang berstatus perawat berusia 22-53 tahun, bekerja di rumah sakit X kelas A di Jakarta, dan durasi lama bekerja dari 1 hingga lebih dari 10 tahun. Pengukuran tingkat perceived social support dan burnout dilakukan dengan menggunakan alat ukur Multidimensional Scale of Perceived Social Support (MSPSS) dan Oldenburg Burnout Inventory (OLBI) keduanya dalam bentuk short form. Hasil analisis korelasi ($r=-0.203$, $p<0.05$) dan regresi ($r=-0.203$, $p<0.05$) terbukti bahwa terdapat peran perceived social support secara signifikan pada burnout. Dengan kata lain, makin tinggi perceived social support maka akan makin rendah tingkat burnout yang dialami oleh perawat. Pada penelitian ini juga menemukan bahwa dimensi dari perceived social support yang paling berpengaruh pada burnout adalah dimensi keluarga ($p=0.003$), jika dibandingkan dengan kedua dimensi yang lainnya, seperti teman ($p=0.650$), dan sosok yang spesial ($p=0.610$). Dengan demikian, hasil ini sejalan dengan penelitian sebelumnya yang menyatakan bahwa perceived social support memiliki peran protektif terhadap burnout.

.....The objective of this study is to explore the role of perceived social support on burnout among nurses at Class A Hospital X in Jakarta. This research processes data from 124 participants who are nurses aged 22-53 years, working at Class A Hospital X in Jakarta, with a working duration ranging from 1 to over 10 years. The measurement of perceived social support and burnout levels was conducted using the Multidimensional Scale of Perceived Social Support (MSPSS) and the Oldenburg Burnout Inventory (OLBI), both in short form. The results of the correlation analysis ($r=-0.203$, $p<0.05$) and regression analysis ($r=-0.203$, $p<0.05$) showed that perceived social support has a significant role in burnout. In other words, the higher the perceived social support, the lower the level of burnout experienced by nurses. This study also found that the dimension of perceived social support that most influences burnout is the family dimension ($p=0.003$), compared to the other two dimensions, such as friends ($p=0.650$), and significant others ($p=0.610$). Thus, these results are consistent with previous research indicating that perceived social support has a protective role against burnout.