

Pengaruh Faktor Psikososial dan Faktor Individu terhadap Stres Kerja pada Tenaga Kesehatan di Masa Pandemi COVID-19: Tinjauan Literatur Sistematis = The Effect of Psychosocial and Individual Factors on Job Stress among Healthcare Workers during COVID-19 Pandemic: A Systematic Literature Review

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Abstrak

Terjadinya krisis kesehatan seperti pada masa pandemi COVID-19 saat ini menyebabkan pekerjaan tenaga kesehatan menjadi lebih stres dari biasanya. Penelitian ini bertujuan untuk mengetahui faktor psikososial dan faktor karakteristik individu terhadap stres yang terjadi pada tenaga kesehatan di masa pandemi COVID-19. Penelitian dilakukan dengan desain tinjauan literatur sistematis melalui online database yaitu PubMed, Scopus, Science Direct, dan Google Scholar dari Januari 2020-Juni 2021. Penelitian dengan desain studi cross sectional yang meneliti hubungan antara faktor psikososial dan faktor karakteristik individu terhadap stres kerja pada tenaga kesehatan di masa pandemi COVID-19 serta dipublikasikan dalam Bahasa Inggris atau Bahasa Indonesia dimasukkan dalam penelitian ini. Penilaian kualitas literatur dilakukan menggunakan checklist for analytical cross sectional studies dari The Joanna Briggs Institute. 2443 literatur berhasil diidentifikasi dan diperoleh 21 literatur setelah proses seleksi. Ditemukan 5 variabel psikososial yang terdiri atas 2 variabel konteks pekerjaan (dukungan sosial dan ambiguitas peran) dan 3 variabel konten pekerjaan (ketersediaan APD, beban kerja, dan jadwal kerja). Keseluruhan variabel psikososial dan karakteristik individu yang ditemukan memiliki hubungan terhadap stres kerja pada tenaga kesehatan di masa pandemi COVID-19.

.....The occurrence of a health crisis, such as the current COVID-19 pandemic, causing the working life of healthcare workers has become more stressful than normal. This study aimed to determine psychosocial factors and individual characteristic related to job stress among healthcare workers during the COVID-19 pandemic. The study was conducted with a systematic literature review through online database, including PubMed, Scopus, Science Direct, and Google Scholar from Januari 2020 up to Juni 2021. All cross-sectional studies assessed the the relationship between psychosocial factors and individual characteristic factors on job stress among healthcare workers during the COVID-19 pandemic and published in English or Indonesian were included in this study. The study quality was analyzed using checklist for analytical cross sectional studies assessment tools developed by The Joanna Briggs Institute. 2443 relevant articles were identified through systematic search, of which 21 studies were obtained after the selection process. There are 5 psychosocial variables consisting of two context of work variables (social support and role ambiguity) and three content of work variables (PPE availability, workload, and work schedule). All psychosocial and individual characteristics variables were found to have a relationship with job stress on healthcare workers during the COVID-19 pandemic.