

**UNDERGRADUATE PROGRAM IN NURSING  
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*The Description of Burnout among Nurses as the Effect of Workload at Surgical Room Of RSUP Dr. Kariadi*

*xiii + 59 Pages + 13 Tables + 1 Schemes + 7 Appendices*

**Abstract**

**Background:** Surgical nurses possess a great task and responsibility. The surgical nurses are responsible to provide the facilities for pre-surgery, manage the surgical instruments, administration, and the documentation of the nursing activities during the surgery, patient's status completeness, and also patient safety check list. The previous study at surgical room of RSUP Dr. Kariadi revealed that there were 10 nurses who experienced physical exhaustion, too many documents need to be filled, and also the fear for the medical team. Those things brought the nurses into their saturation point. **Objectives:** Finding out the description of burnout among nurses as the effect of workload at surgical room of RSUP Dr. Kariadi. **Research design:** it was descriptive analytic research which was conducted during the period of August 2017 – January 2018 at central surgical room of RSUP Dr. Kariadi Semarang. For the sample, 188 respondents taken as sample using purposive sampling based on the inclusion and exclusion criteria. **Result:** Based on the exhaustion and cynicism dimension with each 52.3% value, the nurses were categorized as good, 52.3% nurses were categorized as quite good in the ineffectiveness category, and the overall burnout was 50% each for the good and quite good category. **Conclusion:** 44 nurses at surgical room of RSUP Dr. Kariadi experienced burnout in both good and quite good category. **Suggestion:** The hospital management team should improve the infrastructure, human resource, and give reward for nurses with excellent work. Nurses are expected to create comfortable environment, able to maintain good relationship and communication with the patients effectively.

**Keywords** : Nurses burnout, Workload

**References** : 53 (2007 – 2015)