

PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG

Skripsi, Januari 2018
Yuli Widiastuti

Persepsi beban kerja dengan tingkat stres perawat ruang operasi di RSUP Dr. Kariadi Semarang

xii + 45 Halaman + 5 Tabel + 10 Lampiran + 2 Gambar skema + 5 Grafik

Abstrak

Beban kerja atau persepsi beban kerja perawat yang tidak sesuai dapat menimbulkan stres bagi perawat. Kondisi serta persepsi beban kerja perawat di ruang operasi perlu diketahui untuk menentukan kuantitas dan kualitas perawat demi pelayanan yang paripurna. Banyaknya tugas atau persepsi beban kerja perawat yang tidak sebanding dengan kemampuan fisik dan waktu akan menimbulkan stres bagi perawat tersebut. Pelayanan di ruang operasi berkaitan dengan beban kerja dan tingkat stres perawat yang ada. Keadaan pasien yang setiap hari berubah, perlunya kecakapan kecepatan dan ketelitian dalam bekerja juga menjadi beban bagi perawat di ruang operasi yang juga menimbulkan stres bagi perawat yang bekerja di ruang operasi. Penelitian ini bertujuan untuk mengetahui hubungan persepsi beban kerja dengan tingkat stres perawat ruang operasi di RSUP Dr. Kariadi Semarang dengan rancangan penelitian deskripsi korelasi menggunakan metode pendekatan belah lintang (*cross sectional*). Penelitian ini dilakukan pada bulan September 2017 - Pebruari 2018 di ruang operasi RSUP Dr. Kariadi Semarang dengan jumlah sampel sebanyak 80 orang. Hasil uji statistik *Pearson Product Moment* diperoleh *p value* sebesar 0,000. Hasil penelitian didapatkan persepsi beban kerja perawat sebagian besar adalah persepsi beban kerja sedang sebanyak 60 responden (75%). Stres kerja perawat sebagian besar adalah stres kerja ringan sebesar 47 responden (58,8%). Nilai *p value* 0,000 maka dapat disimpulkan ada hubungan antara persepsi beban kerja dengan tingkat stres perawat ruang operasi di RSUP Dr. Kariadi Semarang. Rekomendasi dari penelitian bahwa perawat di ruang operasi agar lebih mengenal ciri-ciri stres ringan, sedang dan berat untuk menerapkan manajemen stres yang efektif dan selalu berpikiran positif dan murah senyum untuk mengurangi stresor.

Kata kunci : Persepsi beban kerja, stres kerja perawat, ruang operasi.

Pustaka : 30 (2001 - 2016)

**UNDERGRADUATE PROGRAM IN NURSING
FACULTY OF NURSING AND HEALTH SCIENCES
UNIVERSITY OF MUHAMMADIYAH SEMARANG**

Undergraduate Thesis, January 2018

YuliWidiastuti

Workload Perception and Stress Level among Nurses in Operating Room at RSUP Dr. Kariadi Semarang

xii + 45 Pages + 5 Tables + 10 Appendices + 2 Schemes + 5 Charts

Abstract

The unequal workload may lead to stress among nurses. The condition and perception of nurses' workload should be acknowledged so that the nurses are able to determine the quantity and quality of the perfect health service. The unequal assignment or workload compared to the physical performance and the given time may initiate stress among nurses. The service in operating room highly related to the workload and stress level of nurses. The change of patients' condition in each day requires quick response and accuracy which also affect the stress among nurses in operating room. This research was aimed to find out the correlation between workload perceptions and the stress level among nurses in Operating Room at RSUP Dr. Kariadi Semarang. It was a descriptive correlative research with cross sectional approach. The research was conducted on September 2017 – February 2018 in the Operating Room of RSUP Dr. Kariadi Semarang with 80 nurses taken as sample. From the statistical analysis using Pearson Product Moment, it was gained that p value was 0.000. The research result drawn that most of the workload perception was moderate with 60 respondents (75%). The stress level was mainly minor with 47 respondents (58.8%). The p value was 0.000, which proved that there was correlation between workload perception and stress level among nurses in Operating Room at RSUP Dr. Kariadi Semarang. From the research, it is recommended for the nurses at Operating Room to find out more about the characteristics of minor, moderate, and chronic stress and apply effective stress management, have a positive mind, also smile more often to reduce the stressor.

Keywords : *Workload perception, Workplace stress in nursing, Operating room.*

References : *30 (2001 – 2016)*