

GAMBARAN STRES KERJA PERAWAT DI RUANG RAWAT BEDAH RSUD WATES

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INTISARI

Latar Belakang: Stres merupakan salah satu masalah yang dapat mempengaruhi kesehatan fisik dan mental seorang perawat. Stres kerja yang pada perawat terjadi karena adanya beban kerja yang banyak, ketidakseimbangan jumlah pasien dengan jumlah perawat dan tuntutan pemberian pelayanan yang berkualitas. Stres kerja pada perawat bila ditangani dengan tepat dapat meningkatkan kualitas kerja seorang perawat.

Tujuan: Mengetahui gambaran stres kerja perawat di Ruang Anggrek RSUD Wates

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross sectional*. Sample dipilih dengan metode *total sampling* sebanyak 15 perawat. Instrumen penelitian menggunakan kuesioner berisi 54 pernyataan terkait stres kerja.

Hasil: Berdasarkan penelitian diketahui bahwa 20% perawat di Ruang Anggrek mengalami stres kerja ringan, 66.7% perawat mengalami stres kerja sedang dan 13.3% perawat mengalami stres kerja berat.

Kesimpulan: Tingkat stres kerja perawat di Ruang Rawat Bedah RSUD Wates dalam kategori stres kerja sedang (66.7%).

Kata Kunci: Stres kerja, Perawat, Ruang Rawat Bedah.

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THE DESCRIPTION OF THE NURSE WORKS STRESS IN SURGICAL WARD OF RSUD WATES

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ABSTRACT

Background: Stress is one problem that can affect a nurse's physical and mental health. The nurse work stress occurs due to work load, imbalanced number of patients and nurses, and demand to give qualified service. The nurse works stress that is well tended can improve a work quality of a nurse.

Objective: To investigate the description of nurse work stress at Ruang Anggrek RSUD Wates.

Method: This research used a quantitative descriptive design with the cross sectional approach. The samples chosen using the total sampling method were 15 nurses. The instrument of the research was a questionnaire with 54 statement.

Result: Based on the research, the result indicated that 20% nurses at Ruang Anggrek experienced low work stress, 66.7% nurses experienced medium work stress and 13.3% nurse experienced high work stress.

Conclusion: The work stress level in Surgical Wards of RSUD Wates was in medium Category (66.7%).

Keywords: Work stress, Nurse, Surgery Ward

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