

# HUBUNGAN BEBAN KERJA DAN PERILAKU *CARING* PERAWAT DI RUMAH SAKIT

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## INTISARI

**Latar Belakang :** *Caring* adalah memanfaatkan lingkungan pasien untuk membantu penyembuhan. *Caring* melibatkan empati, kasih sayang, keterampilan, dan tanggung jawab. Tujuannya adalah menghormati harga diri dan kemanusiaan pasien. Hubungan terapeutik yang kuat antara perawat dan pasien terbentuk melalui perilaku *caring* yang baik. Namun, perilaku *caring* dapat menurun jika perawat hanya fokus pada tindakan medis dan memiliki beban kerja tinggi, yang dapat menyebabkan stres, kelelahan, dan penurunan kualitas pelayanan.

**Tujuan Penelitian :** Untuk mengetahui hubungan beban kerja dan perilaku *caring* perawat di RSUD Panembahan Senopati Bantul.

**Metode Penelitian :** Penelitian ini menggunakan desain deskriptif korelasi dengan metode cross sectional. Menggunakan teknik *total sampling* pada 37 responden. Alat ukur yang digunakan ialah kuisioner beban kerja dan kuisioner CBI (*caring behavior inventory*).

**Hasil Penelitian :** Mayoritas jenis kelamin perawat di RSUD Panembahan Senopati adalah perempuan sebanyak 34 orang (91,9%), usia perawat di RSUD Panembahan Senopati >35 tahun sebanyak 31 orang (83,8%). Lama bekerja perawat di RSUD Panembahan Senopati di angka 11-15 tahun sebanyak 14 orang (37,8%). Hasil analisis somers test diperoleh nilai p value  $(0,001) < \alpha (0,05)$  dan nilai  $r = -0,788$  yang menunjukkan ada hubungan antara beban kerja perilaku *caring* di rumah sakit dengan arah hubungan negative dengan nilai keeratan yang kuat.

**Kesimpulan :** Ada hubungan yang signifikan antara beban kerja dan perilaku *caring* pada perawat. Arah hubungan negative yang menunjukkan semakin rendah beban kerja semakin tinggi perilaku *caring* pada perawat dengan nilai keeratan yang kuat.

**Kata Kunci :** Beban Kerja, *Caring*, Perawat.

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## THE RELATIONSHIP BETWEEN WORKLOAD AND CARING BEHAVIOR OF NURSES IN HOSPITAL

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### ABSTRAK

**Background:** Caring is utilizing the patient's environment to aid healing. Caring involves empathy, compassion, skill, and responsibility. The goal is to respect the patient's dignity and humanity. A strong therapeutic relationship between nurses and patients is formed through good caring behavior. However, caring behavior can decrease if nurses only focus on medical actions and have a high workload, which can lead to stress, fatigue, and decreased quality of care.

**Research Objective:** To determine the relationship between workload and caring behavior of nurses at Panembahan Senopati Bantul Hospital.

**Research Method:** This study used descriptive correlation design with cross sectional method. Using total sampling technique on 37 respondents. The measuring instruments used were workload questionnaire and CBI (caring behavior inventory) questionnaire.

**Research Results:** The majority of the gender of nurses at Panembahan Senopati Hospital is female as many as 34 people (91.9%), the age of nurses at Panembahan Senopati Hospital >35 years as many as 31 people (83.8%). The length of work of nurses at Panembahan Senopati Hospital was 11-15 years as many as 14 people (37.8%). The results of the somers test analysis obtained a p value (0.001) <  $\alpha$  (0.05) and a value of  $r = -0.788$  which indicates there is a relationship between workload of caring behavior in hospitals with a negative relationship direction with a strong relationship value.

**Conclusion:** There is a significant relationship between workload and caring behavior in nurses. The direction of the relationship is negative, indicating that the lower the workload, the higher the caring behavior of nurses with a strong closeness value.

**Keywords:** Workload, Caring, Nurses.

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