

**GAMBARAN TINGKAT STRES KERJA PERAWAT
DI INSTALASI GAWAT DARURAT DAN *INTENSIVE CARE UNIT*
RUMAH SAKIT UMUM DAERAH WATES
KULON PROGO**

Latif Dharmahari¹, Muhamat Nofianto², Anggono Prasajo³

INTISARI

Latar Belakang: Perawat merupakan profesi yang berperan penting sebagai pemberi asuhan keperawatan, advokat klien, edukator, kordinator, kolaborator, konsultan, dan pembaharu. Peranan tersebut penting dalam penyelenggaraan upaya menjaga mutu pelayanan kesehatan di rumah sakit. Stres yang terlalu banyak membuat kinerja seseorang menurun dan cenderung tidak produktif. Oleh sebab itu stres pada perawat perlu diatasi, karena apabila seorang perawat mengalami stres yang tinggi akan berdampak pada kualitas pelayanan.

Tujuan: Mengetahui gambaran tingkat stres kerja perawat di Instalasi Gawat Darurat dan *Intensive Care Unit* Rumah Sakit Umum Daerah Wates Kulon Progo.

Metode: Rancangan penelitian ini adalah jenis kuantitatif, dengan pendekatan deskriptif desain *cross sectional*. Subyek dalam penelitian ini berjumlah 45 perawat yang bekerja di Instalasi Gawat Darurat dan *Intensive Care Unit*. Cara mengukur stres kerja perawat menggunakan kuesioner stres kerja dengan jumlah 21 pernyataan.

Hasil: Berdasarkan penelitian diketahui bahwa stres kerja perawat IGD mengalami stres ringan sebanyak 15 perawat (62.5%), sebagian besar perawat ICU mengalami stres ringan sebanyak 14 perawat (66.7%). Karakteristik usia 22-35 (dewasa awal) mengalami stres ringan sebanyak 20 perawat (44.4%), jenis kelamin perempuan mengalami stres ringan sebanyak 16 perawat (35.5%), tingkat pendidikan D-III keperawatan mengalami stres ringan sebanyak 22 perawat (48.9%), status sudah menikah mengalami stres ringan sebanyak 20 perawat (44.4%), lama kerja 3-60 bulan mengalami stres ringan sebanyak 13 perawat (28.9%).

Kesimpulan: Tingkat stres kerja perawat di Instalasi Gawat Darurat dan *Intensive Care Unit* di RSUD Wates, Kulon Progo mengalami stres ringan sebanyak 29 perawat (64.4%), perawat mengalami stres sedang sebanyak 16 perawat (35.6%).

Kata Kunci: Perawat, Stres Kerja, IGD, ICU.

¹ Mahasiswa S1 Keperawatan Stikes Jenderal Achmad Yani Yogyakarta.

² Dosen S1 Keperawatan Stikes Jenderal Achmad Yani Yogyakarta.

³ Perawat Instalasi Gawat Darurat Rumah Sakit Umum Daerah Wates, Kulon Progo.

THE ILLUSTRATION WORK STRESS LEVEL OF NURSES IN EMERGENCY ROOM INTENSIVE CARE UNIT OF WATES GENERAL HOSPITAL IN KULON PROGO DISTRICT

Latif Dharmahari¹, Muhamat Nofianto², Anggono Prasajo³

ABSTRACT

Background: Nurse in a profession that has an important role as a nursing care giver, client advocate, aducator, coordinator, collaborator, consultant, and agent of change. Those roles are important in making efforts to maintain the quality of health care in hospital. Too much stress on nurses have to be maintained, because if a nurse has high level of stress, it will affect the service quality.

Objective: To learn about the illustration of work stress level of nurses in emergency room and intensive care unit (ICU) of Wates General Hospital in Kulon Progo District.

Method: The type of this research was quantitative type, with descriptive approach and cross sectional design. The subjects of this research ware 45 nurse who worked in Emergency Room and Intensive Care Unit. In measuring the stress level of nurses work stress questionnaire with 21 question ware used.

Result: Based on the research, it indicated that nurses of Emergency Room with low level stress were 15 nurses (62.5%), most of ICU nurses ware with low level of stress, they were 14 nurses (66.7%). The age characteristic of 22-35 (early adult) with low level of stress ware 20 nurses (44.4%), women nurses with low level of stress were 16 nurses (35.5%), nurses with level D-III education with low level of stress were 22 nurses (48.9%), married nurses with low level of stres 20 nurses (44.4%), nurses with work experience 3-60 months with low level of stress were 13 nurses (28.9%).

Conclusion: The level of work stress of nurses in Emergency Room and Intensive Care Unit in RSUD Wates, Kulon Progo with low level of stress were 29 nurses (64.4%), nurses with medium level of stress were 16 nurses (35.6%).

Keyword: Nurse, Work Stress, Emergency Room, Intensive Care Unit.

¹ S1 Student of Nursing of Stikes Jenderal Achmad Yani Yogyakarta

² Lecturer of Nursing Department of Stikes Jenderal Achmad Yani Yogyakarta

³ Nurse of Emergency Room in Wates General Hospital, Kulon Progo District