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Hubungan Stres Kerja dengan kineja perawat di rumah sakit : *literature review*

ABSTRAK

Latar belakang : Rasio jumlah perawat dan jumlah pasien yang tidak seimbang menyebabkan kelelahan dalam bekerja karena kebutuhan pasien terhadap pelayanan perawat lebih besar dari standar kemampuan perawat. Kondisi seperti ini akan berdampak pada keadaan psikis perawat seperti lelah, emosi, bosan, perubahan mood dan dapat menimbulkan stres pada perawat

Tujuan : Mengetahui hubungan stres kerja dengan kinerja perawat di rumah sakit.

Metode : Desain dalam penelitian ini adalah sistematik review yang disusun melalui penelusuran artikel penelitian yang telah terpublikasi. Penelusurann dilakukan pada Google Scholar dengan kata kunci ditemukan sebanyak 7.350 artikel, ScienceDirect ditemukan 9.286 hasil, sedangkan Wiley online library terdapat 8.541 hasil pencarian. Artikel kemudian ditelaah sesuai dengan kriteria inklusi dan eksklusi sehingga didapatkan artikel jurnal nasional dan jurnal internasional (5 artikel berbahasa indonesia dan 3 artikel berbahasa inggris).

Hasil : Berdasarkan hasil review 8 artikel, didapatkan bahwa sebagian besar perawat di rumah sakit mengalami stres sebanyak 87% dan 13% perawat tidak mengalami stres. Sedangkan kinerja perawat sebagian besar adalah baik sebanyak 80% dan 20% perawat memiliki kinerja yang kurang.

Simpulan : Ada hubungan antara stres kerja dengan kinerja perawat di rumah sakit.

Saran : Memberikan dukungan kepada perawat berupa manajemen stres bagi para tenaga kesehatan sehingga perawat yang mempunyai beban kerja yang tinggi tidak mengalami stres akibat beban kerja yang terlalu berat.

Kata Kunci :Stres kerja,kinerja perawat

Daftar Pustaka : 39 (2005-2020)

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***The Correlation between Job Stress and Performance of Nurses in Hospitals :
literature review***

ABSTRACT

Background : *The unbalanced ratio of the number of nurses and the number of patients causes fatigue in the work because the patient's need for nursing services is greater than the standard of nursing ability. Conditions like this will have an impact on the psychological state of nurses such as fatigue, emotion, boredom, mood changes and can cause stress on nurses.*

Objective: *To determine the correlation between job stress and performance of nurses in the hospital.*

Methods : *The design in this study was a sistematic review compiled by tracing published research articles. The search was conducted on Google Scholar with the keyword found as many as 8.220 articles, Pubmed 502 results, while the Wiley online library had 2.708 search results. The articles were then reviewed according to inclusion and exclusion criteria so that national journal articles and international journals were obtained (5 articles in Indonesian and 3 articles in English).*

Result : *based on the results of a review of 8 articles, it was found that most nurses in the hospital experienced stress as much as 87% and 13% of nurses do not experience stress. While most of the nurses' performance is good as much as 80% and 20% of nurses have poor performance.*

conclusion : *there is a correlation between job stress and the performance of nurses in the hospital.*

Suggestion: *provide support to nurses in the form of stress management for health workers so that nurses who have a high workload do not experience stress due to the workload that is too heavy.*

Keywords : *job stress, nurse performance*

Bibliography: *39 (2005-2019)*