

**HUBUNGAN *LOCUS OF CONTROL* DENGAN *BURNOUT* PADA PERAWAT DI  
INSTALANSI GAWAT DARURAT RSUD dr. H. JUSUF SK TARAKAN  
KALIMANTAN UTARA**

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**ABSTRAK**

**Pendahuluan:** Studi awal pada lima perawat di RSUD Jusuf SK Tarakan menunjukkan keluhan seperti kelelahan, sakit kepala, gangguan tidur, kejenuhan, dan konflik kerja. Kepala ruangan menegaskan bahwa stres kerja memengaruhi sensitivitas, emosi, dan kualitas layanan. Solusi yang disarankan meliputi cuti, rotasi jadwal, penghargaan, dan manajemen stres. Wawancara menunjukkan locus of control internal lebih dominan dalam mengelola stres.

**Tujuan:** Mengetahui hubungan locus of control dengan burnout pada perawat IGD RSUD dr. Jusuf SK, Tarakan.

**Metode:** Penelitian cross-sectional ini melibatkan 35 perawat IGD RSUD dr. Jusuf SK pada Februari 2025 menggunakan total sampling. Data primer meliputi locus of control dan burnout, sedangkan data sekunder mencakup jumlah perawat IGD. Pengumpulan data dilakukan melalui kuesioner. Analisis univariat menghitung persentase locus of control dan burnout, sementara analisis bivariat menggunakan uji chi-square.

**Hasil:** Sebanyak 22 responden (62,9%) memiliki locus of control dengan tingkat mampu, sedangkan 25 responden (71,4%) mengalami burnout rendah. Uji chi-square menunjukkan p-value 0,016.

**Kesimpulan:** Terdapat hubungan signifikan antara locus of control dan burnout pada perawat IGD RSUD dr. Jusuf SK, Tarakan.

**Kata Kunci:** *Burnout, Locus of Control, Perawat*

***RELATIONSHIP BETWEEN LOCUS OF CONTROL AND BURNOUT IN NURSES IN  
THE EMERGENCY INSTALLATION OF HOSPITAL dr. H. JUSUF SK TARAKAN  
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***ABSTRACT***

*Introduction: A preliminary study on five nurses at RSUD Jusuf SK Tarakan revealed complaints such as fatigue, headaches, sleep disturbances, burnout, and work conflicts. The head nurse confirmed that work stress affects sensitivity, emotions, and service quality. Suggested solutions include leave, schedule rotation, rewards, and stress management. Interviews indicated that internal locus of control is more dominant in managing stress.*

*Objective: To determine the relationship between locus of control and burnout among emergency department nurses at RSUD dr. Jusuf SK, Tarakan.*

*Method: This cross-sectional study involved 35 emergency department nurses at RSUD dr. Jusuf SK in February 2025, using total sampling. Primary data included locus of control and burnout, while secondary data comprised the number of nurses in the emergency department. Data collection was conducted using questionnaires. Univariate analysis calculated the percentage of locus of control and burnout, while bivariate analysis used the chi-square test.*

*Results: A total of 22 respondents (62.9%) had a capable level of locus of control, while 25 respondents (71.4%) experienced low burnout. The chi-square test showed a p-value of 0.016.*

*Conclusion: There is a significant relationship between locus of control and burnout among emergency department nurses at RSUD dr. Jusuf SK, Tarakan.*

***Keywords: Burnout, Locus of Control, Nurses***