Hubungan Stres Kerja Perawat dengan Pelaksanaan *Discharge Planning* Di Ruang Rawat Inap Rumah Sakit Umum Daerah Ungaran
(xvi + 104 halaman + 8 tabel + 2 gambar + 13 lampiran)

ABSTRAK

Latar Belakang: Perawat rentan mengalami ambiguitas peran yang akan menyebabkan stres di tempat kerja sebagai salah satu stresor pekerjaan, yang berdampak pada pelaksanaan *discharge planning*.Pelaksanaan *discharge planning* yang tidak efektif menyebabkan tidak terjadinya kontinuitas perawatan ketika pasien di rumah. Kondisi ini menyebabkan terjadinya perburukan kondisi pasien sehingga pasien kembali ke rumah sakit dengan penyakit yang sama atau muncul komplikasi. Tujuan penelitian ini untuk menganalisis hubungan stres kerja perawat dengan pelaksanaan *discharge planning* di ruang rawat inap RSUD Ungaran.

Desain Penelitian: Penelitian ini menggunakan metode deskriftif korelatif dengan pendekatan *cross sectional*. Populasi penelitian sebanyak 126 perawat. Teknik sampling menggunakan *cluster random sampling*. Jumlah sampel 56 responden. Pengumpulan data menggunakan kuesioner *Expanded Nursing Stress Scale (ENSS)* dan kuesioner pelaksanaan *discharge planning*. Analisa data menggunakan *Chi Square*.

Hasil penelitian: Menunjukkan sebagian besar perawat memiliki stres kerja sedang sejumlah 20 responden (35,7%), sebagian besar perawat baik dalam pelaksanaan *discharge planning* yaitu sejumlah 35 orang (62,5%), dan ada hubungan stres kerja perawat dengan pelaksanaan *discharge planning* di ruang rawat inap RSUD Ungaran (*p-value* 0,001).

Saran: Bagi RSUD Ungaran hasil penelitian menjadi dasar evaluasi perawat dalam memberikan pelayanan keperawatan yang efektif dan efisien di ruang rawat inap RSUD Ungaran.

Kata Kunci   : Stres Kerja, Perawat, *Discharge Planning,* Rawat Inap
Kepustakaan : 34 pustaka (2009-2017)

The Correlation Between Nurses' Job Stress and Implementation of Discharge Planning In Inpatient Ward of RSUD Ungaran
(xvi + 104 pages + 8 tables + 2 pictures + 13 attachments)

ABSTRACT

Introduction*:* Nurses are susceptible to role ambiguity that will cause stress in the workplace as one of the job stressors, which impacts on the implementation of discharge planning. Ineffective discharge planning implementation causes discontinuity of care when the patient is at home. This condition causes a worsening of the patient's condition so that the patient returns to the hospital with the same disease or complications arise. The purpose of this study is to analyze the the correlation between nurses' job stress and implementation of discharge planning in inpatient ward of RSUD Ungaran

Method: This research used descriptive correlative method with cross sectional approach. The study population were 126 nurses. The sampling technique used cluster random sampling. The number of samples were 56 respondents. Data collection used the Expanded Nursing Stress Scale (ENSS) questionnaire and discharge planning implementation questionnaire. Data analysis used Chi Square.

Results: The results show that the majority of nurses have moderate work stress as many as 20 respondents (35.7%), most nurses are good in discharge planning implementation as many as 35 people (62.5%), and there is a correlation between nurse work stress and discharge planning in inpatient ward of RSUD Ungaran (p-value 0.001).

Suggestions: Suggestions for RSUD Ungaran the results of the study can be the basis of nurse evaluation in providing effective and efficient nursing services in the inpatient ward of RSUD Ungaran.

Keywords   : Job Stress, Nurse, Discharge Planning, Inpatient
Literature   : 34 library (2009-2017)