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"HUBUNGAN ANTARA BEBAN KERJA DENGAN KEJADIAN *BURNOUT* PADA PERAWAT DI INSTALASI BEDAH SENTRAL (IBS)".

ABSTRAK

Latar Belakang: Perawat yang bekerja di Instalasi Bedah Sentral (IBS) menghadapi tuntutan kerja yang tinggi, baik secara fisik maupun psikologis, sehingga berpotensi menimbulkan kelelahan kerja atau burnout. Beban kerja yang tidak seimbang dapat berdampak negatif terhadap kesehatan perawat serta menurunkan kualitas pelayanan keperawatan. Penelitian ini bertujuan untuk mengetahui hubungan antara beban kerja dengan kejadian burnout pada perawat di Instalasi Bedah Sentral RSUD dr. Jusuf SK Kota Tarakan

Metode: Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional. Sampel penelitian berjumlah 39 perawat yang dipilih menggunakan teknik total sampling. Pengumpulan data dilakukan menggunakan kuesioner beban kerja perawat berdasarkan Nursalam (2016) dan Maslach Burnout Inventory (MBI) berdasarkan Maslach dan Jackson (1981). Analisis data meliputi analisis univariat dan bivariat dengan uji Chi-Square

Hasil penelitian : perawat memiliki beban kerja berat (87,2%) dan mengalami burnout tingkat tinggi (74,4%). Seluruh perawat dengan beban kerja sedang mengalami burnout tingkat sedang, sedangkan mayoritas perawat dengan beban kerja berat mengalami burnout tingkat tinggi. Hasil uji Chi-Square menunjukkan nilai p-value = 0,000 ($p < 0,05$), yang berarti terdapat hubungan yang signifikan antara beban kerja dengan kejadian burnout pada perawat.

Kesimpulan : Terdapat hubungan antara beban kerja dengan kejadian burnout pada perawat di Instalasi Bedah Sentral RSUD dr. Jusuf SK Kota Tarakan, di mana beban kerja yang berat berkaitan dengan tingginya tingkat burnout.

Saran : Manajemen rumah sakit disarankan melakukan evaluasi beban kerja, pengaturan jadwal yang proporsional, serta menyediakan dukungan psikologis dan pelatihan manajemen stres guna mencegah burnout dan meningkatkan kualitas pelayanan keperawatan.

Kata Kunci: beban kerja, burnout, perawat, instalasi bedah sentral

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"*RELATIONSHIP BETWEEN WORKLOAD AND BURNOUT INCIDENCE IN NURSES IN CENTRAL SURGICAL INSTALLATIONS (IBS)*".

ABSTRACT

Background: Nurses working in the Central Surgical Installation (CSI) face high work demands, both physically and psychologically, potentially leading to fatigue or burnout. An unbalanced workload can negatively impact nurses' health and reduce the quality of nursing care. This study aims to determine the relationship between workload and burnout among nurses in the Central Surgical Installation of Dr. Jusuf SK Regional General Hospital, Tarakan City.
Methods: This study used a quantitative approach with a cross-sectional design. The sample consisted of 39 nurses selected using a total sampling technique. Data collection was conducted using a nurse workload questionnaire based on Nursalam (2016) and the Maslach Burnout Inventory (MBI) based on Maslach and Jackson (1981). Data analysis included univariate and bivariate analyses Chi-Square test.
Results: Nurses with a heavy workload (87.2%) experienced high levels of burnout (74.4%). All nurses with a moderate workload experienced moderate levels of burnout, while the majority of nurses with a heavy workload experienced high levels of burnout. The Chi-Square test results showed a p-value of 0.000 ($p < 0.05$), indicating a significant relationship between workload and burnout among nurses.
Conclusion: There is a relationship between workload and burnout among nurses in the Central Surgical Installation of Dr. Jusuf SK Regional Hospital, Tarakan City, where a heavy workload is associated with high levels of burnout.
Suggestion: Hospital management is advised to evaluate workload, arrange proportional schedules, and provide psychological support and stress management training to prevent burnout and improve the quality of nursing services.

Keywords: workload, burnout, nurses, central surgical installation