

GAMBARAN STRES KERJA PERAWAT BERDASARKAN KARAKTERISTIK INDIVIDU DI RUANG IGD RSUD CIAMIS

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Intisari

Stresor kerja di unit gawat darurat lebih tinggi dibandingkan dengan stresor kerja perawat di unit lainnya. Tingginya stresor kerja ini dapat menyebabkan stres kerja. Tingkat stres kerja dapat dilihat dari respon stres yang muncul yaitu respon fisiologis, psikologis dan perilaku. Tujuan penelitian ini adalah untuk mengetahui gambaran tingkat stres kerja perawat di IGD RSUD Ciamis. Jenis penelitian yang digunakan adalah deskriptif kuantitatif. Pengambilan sampel menggunakan teknik total sampling dengan jumlah sampel sebanyak 36 orang. Teknik pengumpulan data menggunakan kuesioner. Berdasarkan hasil penelitian didapatkan Stres kerja perawat yang bekerja di IGD RSUD Ciamis sebanyak 36 perawat menunjukkan bahwa. Tingkat stres kerja perawat di IGD RSUD Ciamis mayoritas mengalami tingkat stres kerja sedang (52,8%).Tingkat stres kerja perawat berdasarkan karakteristik individu responden menunjukkan bahwa tingkat stres sedang sebagian besar dialami pada kelompok umur 31 – 40 tahun. Berdasarkan kelamin mayoritas stres tingkat sedang dialami kelompok responden laki – laki. Tingkat stres berdasarkan pendidikan terakhir menunjukkan bahwa mayoritas perawat dengan tingkat pendidikan S1 Keperawatan mengalami stres kerja tingkat sedang. Sebagian besar perawat yang sudah menikah dan lama kerja > 6 tahun mengalami stres kerja tingkat sedang. Tingkat stres kerja yang terlalu rendah atau terlalu tinggi dapat menyebabkan menurunnya kepuasan dan prestasi kerja. Sehingga diperlukan manajemen stres yang baik dalam menghadapi tantangan kerja yang ada.

Kata kunci : Stres kerja, Perawat, IGD.

**DESCRIPTION OF NURSE WORK STRESS BASED ON
INDIVIDUAL CHARACTERISTICS IN THE EMERGENCY
CIAMIS HOSPITAL**

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Abstrack

The work stress in the emergency department is higher than that of nurses in other units. The high work stressor can cause work stress. The level of work stress can be seen from the stress response that appears, namely physiological, psychological and behavioral responses. The purpose of this study was to describe the level of work stress of nurses in the Emergency Room of RSUD Ciamis. The type of research used is descriptive quantitative. Sampling using total sampling technique with a total sample of 36 people. Data collection techniques using a questionnaire. Based on the results of the study, it was found that there were 36 nurses working in the emergency room at the Ciamis Hospital. The majority of nurses' work stress levels in the Ciamis Hospital Emergency Room experienced moderate levels of work stress (52.8%). The work stress levels of nurses based on the individual characteristics of respondents showed that moderate stress levels were mostly experienced in the age group 31-40 years. Based on gender, the majority of stress levels were experienced by the male respondent group. The level of stress based on recent education shows that the majority of nurses with Bachelor of Nursing education experience moderate levels of work stress. Most nurses who are married and have worked for > 6 years experience moderate levels of work stress. Levels of work stress that are too low or too high can lead to decreased job satisfaction and performance. So that good stress management is needed in dealing with existing work challenges.

Keyword : Work Stess, Nurse, Emergency.