

ABSTRACT

Background : Work stress is a health problem that often arises due to work pressure that occurs in the 21st century. Currently, work stress is the main focus, especially for health sector workers due to several factors. The purpose of this study was to determine the factors related to work stress on inpatient nurses at the Hanafie Muara Bungo Hospital, Jambi Province in 2021.

Method : This research is an observational study that uses a quantitative approach with a cross sectional method. The population in this study were inpatient nurses at the Hanafie Muara Bungo Hospital, totaling 120 nurses. The sampling technique used is simple random sampling (probability sampling). simple random sampling is a way of taking samples from members of the population by using random regardless of the strata or levels in the members of the population. So the samples taken from this study were 58 people.

Result : Univariate test results obtained that work stress there are inpatient nurses who experience moderate stress as many as 48 inpatient nurses (82.8%) and severe stress as many as 10 inpatient nurses (17.2%), physical environment 41 (70.7%)) nurses answered correctly that the air circulation in the work area is good, interpersonal conflicts as many as 24 nurses (41.4%) answered agree (S), variations in the workload result from the distribution of how often your work is very time-consuming as many as 28 nurses (48.3%) answered and as many as 8 nurses (13.8%) Very Often (SS). and the total workload shows that there are inpatient nurses who experience a moderate workload of 27 inpatient nurses (46.6%) and a heavy workload of 31 inpatient nurses (53.4%). The results of the bivariate analysis showed that there was a relationship between interpersonal conflict ($r=0,259$; $p=0,050$). Meanwhile, there is no relationship between the physical environment, variations in workload and the amount of workload.

Conclusion : Those related to work stress are interpersonal conflicts, while those that are not related are the physical environment, variations in workload and the amount of workload. The researcher suggests to the hospital to create and maintain the quality of the physical environment, resolve interpersonal conflict problems and redesign the work to match the amount of workload with the ability of workers.

Keywords: Work Stress, Inpatient Nurse, Hospital

ABSTRAK

Latar Belakang : Stres kerja ialah permasalahan kesehatan yang sering timbul akibat tekanan kerja yang banyak terjadi di abad 21 ini. Saat ini, stres kerja menjadi fokus utama, khususnya pada pekerja sektor kesehatan yang disebabkan beberapa faktor. Tujuan penelitian ini untuk mengetahui Faktor-Faktor yang Berhubungan dengan Stres kerja pada Perawat Rawat Inap di RSUD Hanafie Muara Bungo Provinsi Jambi Tahun 2021.

Metode : Penelitian ini merupakan penelitian observasional yang menggunakan pendekatan kuantitatif dengan metode *cross sectional*. Populasi dalam penelitian ini adalah perawat rawat inap di RSUD Hanafie Muara Bungo yang berjumlah 120 orang perawat. Teknik pengambilan sampel yang digunakan adalah *simple random sampling (probability sampling)*. *simple random sampling* yaitu cara pengambilan sampel dari anggota populasi dengan menggunakan acak tanpa memperhatikan strata atau tingkatan dalam anggota populasi tersebut. Jadi sampel yang diambil dari penelitian ini sebanyak 58 orang.

Hasil : Hasil uji univariat diperoleh yaitu stress kerja terdapat perawat rawat inap yang mengalami stres sedang sebanyak 48 perawat rawat inap (82,8%) dan stres berat sebanyak 10 perawat rawat inap (17,2%), lingkungan fisik Sebanyak 41 (70,7%) perawat menjawab benar bahwa sirkulasi udara di area kerja baik, konflik interpersonal sebanyak 24 perawat (41,4%) menjawab setuju (S), variasi beban kerja hasil distribusi seberapa sering pekerjaan anda sangat menyita waktu sebanyak 28 perawat (48,3%) menjawab dan sebanyak 8 perawat (13,8%) Sangat Sering (SS). dan jumlah beban kerja menunjukkan bahwa terdapat perawat rawat inap yang mengalami beban kerja sedang sebanyak 27 perawat rawat inap (46,6%) dan beban kerja berat sebanyak 31 perawat rawat inap (53,4%). Hasil analisis bivariat menunjukkan ada hubungan konflik interpersonal ($r=0,259$; $p=0,050$). Sedangkan, tidak ada hubungan lingkungan fisik, variasi beban kerja dan jumlah beban kerja.

Kesimpulan : Yang berhubungan dengan stress kerja yakni konflik interpersonal Sedangkan yang tidak berhubungan yakni lingkungan fisik, variasi beban kerja dan jumlah beban kerja. Peneliti menyarankan kepada pihak rumah sakit Menciptakan dan mempertahankan kualitas lingkungan fisik, Menyelesaikan permasalahan konflik interpersonal dan Mendesain ulang pekerjaan untuk menyesuaikan antara jumlah beban kerja dengan kemampuan pekerja.

Kata Kunci : Stress Kerja, Perawat Rawat Inap, Rumah Sakit