

Analisa faktor-faktor yang berhubungan dengan tingkat stres perawat ICU di RSUD di Jawa Tengah tahun 2012 = Factors analysis that related to stress level of ICU nurse in General Hospital in Central Java

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Abstrak

Survei tentang stres perawat menunjukkan hasil bahwa mayoritas perawat ICU pernah mengalami stres. Perawat yang bertugas di ICU dituntut harus mampu berpikir dan bertindak cepat dalam situasi stres tinggi. Secara keseluruhan, perawat ICU mengalami berbagai hambatan kinerja dalam pekerjaan mereka setiap hari karena dampak stres.

Tujuan untuk mengetahui faktor-faktor yang berhubungan dengan tingkat stres perawat ICU di RSUD di Jawa Tengah. Desain penelitian Cross Sectional. Penelitian dilakukan pada 76 responden secara total sampling. Hasil penelitian menunjukkan bahwa terdapat hubungan antara jenis kelamin, beban kerja, tuntutan kerja, dukungan sosial dengan tingkat stres perawat ($p\text{-value} < 0,05$). Rekomendasi hasil penelitian adalah perlunya evaluasi penyebab stres perawat secara periodik, pelatihan teknik manajemen stres dan pelatihan ICU.

.....Survey about the stress of nurses showed the majority ICU nurses experienced stress. Nurses working in the ICU is required to be able to think and act quickly and critically in high stress situations. Overall, ICU nurses experience a variety of difficulties in the performance of their jobs every day because of the effects of stress.

The purpose of the study was to determine the factors associated with stress levels in the public hospital ICU nurses in Central Java. The quantitative research method with cross sectional approach was used. The research was conducted to 76 respondents.

The results showed that there was a relationship between the factors of sex, workload, work demands, social support with stress level nurses ($p\text{-value} < 0,05$). This research recommended that there was a need for psychological evaluation and regular nursing technical skills training and stress management.