

# Hubungan Beban Mental Kerja pada Ketercapaian Kompetensi Preceptor di Rumah Sakit X Bogor = The Relationship of Mental Work Load on Preceptor Competency Achievement at Hospital X Bogor

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## Abstrak

Ketercapaian kompetensi preceptorship dalam pelayanan keperawatan, merupakan ketercapaian yang harus dipenuhi dalam rangka pendampingan perawat baru di Rumah sakit, Banyaknya kompetensi yang dicapai dapat berpotensi timbulnya beban kerja mental yang dialami oleh preceptor pada kegiatan Preceptorship. Metode penelitian ini, menggunakan pendekatan kuantitatif dengan desain Cross-sectional. Pengambilan sampel dengan teknik total sampling dengan jumlah sampel 167 responden Rumah sakit X Bogor. Hasil penelitian menggunakan uji chi-square dengan CI 95%, menunjukkan hasil bahwa, terdapat hubungan signifikan antara effort and physical demand (p-value 0.048), temporal demand (p-value 0.005) dan performance (p-value 0.033), ketercapaian kompetensi preceptorship. Pentingnya manajemen beban kerja mental pada program preceptorship, merupakan upaya dalam mencegah dan menurunkan terjadinya beban kerja mental yang dialami pada kegiatan preceptorship di Rumah sakit.

.....The achievement of preceptorship competence in nursing services is an achievement that must be met in the context of assisting new nurses in hospitals. The number of competencies achieved can potentially cause a mental workload experienced by preceptors in Preceptorship activities. This research method used a quantitative approach with a cross-sectional design. Sampling with total sampling technique with a total sample of 167 respondents Hospital X Bogor. The results of the study using the chi-square test with 95% CI, showed that there was a significant relationship between effort and physical demand (p-value 0.003), temporal demand (p-value 0.031) and performance (p-value 0.011), competency achievement preceptorship. The importance of mental workload management in the preceptorship program is an effort to prevent and reduce the mental workload experienced in preceptorship activities in hospitals