

# Faktor-faktor yang Berhubungan dengan Burnout pada Perawat Selama Masa Pandemi Covid-19 di RS X Kota Bogor = Factors Associated with Burnout in Nurses During the Covid-19 Pandemic Period at RS X Bogor City

Nikmatul Hidayah, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20527423&lokasi=lokal>

---

## Abstrak

Pandemi Covid-19 telah menyebar secara global, sistem pelayanan kesehatan dihadapkan pada tantangan besar dan perawat sebagai garda terdepan dalam penanganan Covid-19 berisiko mengalami <em>burnout</em>. Burnout </em> adalah kelelahan fisik, kelelahan emosional, dan kelelahan mental yang disebabkan oleh stres yang berkepanjangan. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan <em>burnout</em> pada perawat selama masa pandemi covid-19 di RS X Kota Bogor. Penelitian ini merupakan penelitian kuantitatif dengan desain <em>cross-sectional</em> dan dilakukan pada 12 Juli - 20 Juli 2022. Sampel pada penelitian ini sebanyak 171 perawat pelaksana yang bekerja di Ruang Rawat Inap RS X Kota Bogor. Pengumpulan data menggunakan kuesioner <em>Maslach Burnout Inventory-Human Services Survey</em> (MBI-HSS) dan analisis data menggunakan uji statistik <em>chi-square</em>. Hasil penelitian menunjukkan 43,9% perawat mengalami <em>burnout</em> rendah dan 56,1 perawat mengalami <em>burnout</em> sedang. Variabel yang berhubungan dengan burnout yaitu jenis kelamin ( $p=0,037$ ), stres kerja ( $p=0,000$ ), beban kerja ( $p=0,036$ ), dan kondisi kerja ( $p=0,003$ ), sedangkan umur ( $p=0,490$ ), pendidikan ( $p=0,170$ ), lama bekerja ( $p=0,356$ ), status pernikahan ( $p=0,751$ ), dan dukungan sosial ( $p=0,408$ ) tidak berhubungan dengan <em>burnout</em>. Kesimpulan penelitian ini adalah perawat mengalami burnout rendah dan sedang sehingga diperlukan upaya preventif untuk mengurangi risiko <em>burnout</em> pada perawat.

.....The Covid-19 has spread globally and healthcare system faced major challenges in terms of human resources. Nurses, as the front line of handling Covid-19 are at risk of having burnout. Burnout is</em><em> defined as</em><em> physical exhaustion, emotional exhaustion, and mental exhaustion caused by prolonged stress. This study aims to determine factors</em><em> that potentially</em><em> associated with burnout in nurses during the Covid-19 pandemic at RS X Bogor City. This study is a quantitative study with a cross-sectional design and was conducted in 12 July – 20 July 2022. The sample in this study was 171 nurses who worked in the Inpatient Room of RS X Bogor City. Data collection using the Maslach Burnout Inventory-Human Services Survey (MBI-HSS) questionnaire and data analysis using the chi-square statistical test. The results showed that 43.9% of nurses experienced low burnout and 56.1</em><em>%</em><em> nurses experienced moderate burnout. Variables related to burnout were gender ( $p=0.037$ ), work stress ( $p=0.000$ ), workload ( $p=0.036$ ), and working conditions ( $p=0.003$ ), while age ( $p=0.490$ ), education ( $p=0.170$ ), length of work ( $p=0.356$ ), marital status ( $p=0.751$ ), and social support ( $p=0.408$ ) were not associated with burnout. In conclusion, preventive efforts are required to<em> handling the burnout risks, particularly for nurses with low and moderate</em><em>burnout</em><em>'s</em><em> level.</em>