

# "Analisis Kejadian Burnout Syndrome pada Perawat di Unit Rawat Inap dan Unit Rawat Jalan Rumah Sakit "X" Bandar Lampung" = "Analysis Burnout Syndrome on Nurses worked in in-patient units and out-patient units in "X" Hospital Bandar Lampung"

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## Abstrak

Penelitian ini menganalisis hubungan kejadian burnout syndrome pada perawat di unit rawat inap dan unit rawat jalan RS "X" Bandar Lampung tahun 2013. Disain penelitian ini potong lintang dengan menggunakan pendekatan kuantitatif dan kualitatif. Data diperoleh dengan menggunakan kuesioner dari 239 perawat serta 5 orang informan. Kuesioner yang digunakan adalah Maslach Burnout Inventory dan survei diagnosis stres. Hasil penelitian didapatkan 21,8% perawat unit rawat inap dan 10,8% perawat rawat jalan mengalami burnout syndrome dan menunjukkan tingginya kelelahan emosional dan rendahnya depersonalisasi. Kesimpulan : Sebagian besar perawat mengalami burnout syndrome derajat tinggi. Pengurangan kejadian burnout syndrome dapat dilakukan dengan cara peningkatan SDM, berupa peningkatan pendidikan dan pelatihan serta pengaturan jam kerja.

.....This research analyzed burnout syndrome on nurses worked in in-patient units and out-patient units in "X" Hospital in Bandar Lampung in 2013. This was cross-sectional study with quantitative and qualitative approaches. Data were collected through a questionnaire survey of 239 nurses and 5 informant. This research used Maslach Burnout Syndrome and Survey Diagnostic Stress questionnaire. The results showed 21,8% nurses in in-patient units and 10,8% nurses in out-patient units having burnout syndrome and exhibited higher emotional exhaustion and lower depersonalization. Conclusion: Majority nurses were experienced high level of burnout. To reduced burnout syndrome can be solved by increasing resources, such as improving training and skills also providing reasonable work hour.