

Hubungan Stres Kerja dan Dukungan Keluarga terhadap Kinerja Perawat Pelaksana Selama Masa Pandemi COVID-19 = The Relationship between Work Stress and Family Support on the Performance of Implementing Nurses During the COVID-19 Pandemic

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Abstrak

Kondisi pandemi COVID-19 telah membawa dampak psikososial bagi profesional kesehatan khususnya perawat yang bertugas sebagai garda terdepan dalam pelayanan keperawatan. Peningkatan kasus COVID-19 yang terus menerus menimbulkan stres kerja bagi perawat. Stres kerja perawat akan berdampak pada kinerja perawat dalam melakukan asuhan keperawatan. Oleh sebab itu dibutuhkan suatu dukungan sosial seperti dukungan keluarga. Tujuan penelitian ini untuk mengetahui hubungan stres kerja dan dukungan keluarga terhadap kinerja perawat pelaksana selama pandemi COVID-19. Jumlah sampel pada penelitian ini sebanyak 87 perawat pelaksana yang diambil dengan menggunakan total sampling. Kuesioner stres kerja diukur dengan menggunakan kuesioner dari penelitian Junismar (2012) dengan $r(0,893)$ sementara kuesioner dukungan keluarga diukur berdasarkan penelitian dari Kurniarifin (2017) dengan $r(0,928)$ dan kuesioner kinerja diukur menggunakan kuesioner dari Royani (2019) dengan $r(0,945)$. Analisis data pada penelitian ini dilakukan dengan menggunakan uji somers'd. Hasil penelitian menunjukkan bahwa tidak terdapat hubungan yang signifikan antara stres kerja dengan kinerja ($p>0,05$) dan terdapat hubungan yang signifikan antara dukungan keluarga dengan kinerja ($p<0,05$). Rekomendasi dari penelitian ini yaitu pertahankan manajemen stres selama masa pandemi COVID-19 dan pemberian konseling tentang stres kerja secara konsisten serta pertahankan dukungan keluarga yang sudah baik.

.....The COVID-19 pandemic has had a psychosocial impact on health professionals, especially nurses who serve as the front line in nursing services. The continuous increase in Covid-19 cases causes work stress for nurses. The work stress of nurses will have an impact on the performance of nurses in carrying out nursing care. Therefore we need a social support such as family support. The purpose of this study was to determine the relationship between work stress and family support on the performance of implementing nurses during the COVID-19 pandemic. The number of samples in this study were 87 nurses who were taken using total sampling. The work stress questionnaire was measured using a questionnaire from Junismar (2012) with $r(0.893)$ while the family support questionnaire was measured based on research from Kurniarifin (2017) with $r(0.928)$.) and the performance questionnaire was measured using a questionnaire from Royani (2019) with $r(0.945)$. Data analysis in this study was carried out using the Somers'd test. The results showed that there was no significant relationship between work stress and performance ($p>0.05$) and there was a significant relationship between family support and performance ($p<0.05$). Recommendations from this study are to maintain stress management during the COVID-19 pandemic and provide counseling about work stress consistently and maintain good family support.