

ABSTRAK

Nama : Siti Nuraini
Program Studi : Kesehatan Masyarakat
Judul : Gambaran Kejadian Stres Kerja Dengan Menggunakan *NIOSH Generic Job Stress Questionnaire* Pada Petugas Kesehatan Ruang Rawat Inap di RS Budi Kemuliaan Tahun 2019

Hasil penelitian *Health and Safety Executive* (2015) menunjukkan bahwa tenaga profesional kesehatan, guru dan perawat memiliki tingkat stres tertinggi dengan angka prevalensi sebesar 2500, 2190 dan 3000 kasus per 100.000 orang pekerja pada periode 2011/12, 2013/14, dan 2014/15. Berdasarkan hasil survey Persatuan Perawat Nasional Indonesia (PPNI) tahun 2006 bahwa 50,9% perawat Indonesia mengalami stres kerja dengan gejala sering merasa pusing, lelah, kurang ramah, kurang istirahat akibat beban kerja yang tinggi. Tujuan penelitian ini untuk mengetahui gambaran kejadian stres kerja pada petugas kesehatan di ruang rawat inap RS Budi Kemuliaan Jakarta Tahun 2019. Penelitian menggunakan desain *cross sectional*, dengan sampel sebesar 42 petugas kesehatan. Teknik pengambilan sampel menggunakan metode total sampling dengan analisis data univariat . Penelitian dilakukan pada bulan Oktober – Desember tahun 2019. Hasil univariat dengan proporsi tertinggi yaitu pada petugas kesehatan yang mengalami stress kerja sebanyak 24 responden (57,1 %) yang lebih dominan dipengaruhi oleh faktor variasi beban kerja tinggi sebanyak 31 responden (73,8 %). Diharapkan pihak Rumah Sakit lebih peduli (aware) terhadap beban kerja maupun jam kerja pada petugas kesehatan guna meminimalisir risiko terjadinya stress kerja.

Kata Kunci : Stres Kerja; *NIOSH Generic Job Stress*; Karakteristik Pekerjaan, Karakteristik Individu; Karakteristik Aktivitas di Luar Pekerjaan; Karakteristik Dukungan Sosial

6 Bab , 134 halaman , 2 gambar , 29 daftar tabel ,12 lampiran

Pustaka : 142 (1998 - 2018)

ABSTRACT

Name : Siti Nuraini
Study program : Public Health
Title : Overview of Occurrence of Occupational Stress Using NIOSH
Generic Job Stress Questionnaire for Health Officers
Inpatient Room at Budi Kemuliaan Hospital in 2019

The results of the Health and Safety Executive study (2015) showed that health professionals, teachers and nurses had the highest stress levels with a prevalence rate of 2500, 2190 and 3000 cases per 100,000 workers in the period 2011/12, 2013/14, and 2014/15 . Based on the results of a survey of the Indonesian National Nurses Association (PPNI) in 2006 that 50.9% of Indonesian nurses experienced work stress with symptoms often feel dizzy, tired, unfriendly, lack of rest due to high workload. The purpose of this study was to determine the description of the occurrence of work stress on health workers in the inpatient room at Budi Kemuliaan Hospital in 2019. The study used a cross sectional design, with a sample of 42 health workers. The sampling technique uses total side method with univariate data analysis. The study was conducted in October - December 2019. Univariate results with the highest proportion were health workers who experienced work stress as many as 24 respondents (57.1%) which were more dominantly influenced by factors of high workload variation of 31 respondents (73.8%). The hospital is expected to be more aware of the workload and working hours of health workers in order to minimize the risk of work stress.

Keywords: Job Stress; NIOSH Generic Job Stress; Job Characteristics, Individual Characteristics; Characteristics of Activities Outside of Work; Characteristics of Social Support

6 chapters, 134 pages, 2 pictures, 29 table lists, 12 attachments

Library: 142 (1998 - 2018)