

ABSTRACT

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Study Program : Public Health
Title : *Relationship between workload and work stress in emergency room nurses during the COVID-19 pandemic at the Bogor City Hospital in 2021*

Stress is a response that every individual has in dealing with problems that are not in accordance with his abilities. The high increase in the number of patients during the COVID-19 pandemic made the workload uneven. This study was conducted to analyze the relationship between workload and work stress on emergency room nurses during the COVID-19 pandemic at the Bogor City Hospital 2021. This study used a quantitative method with a cross sectional approach. The population in this study were 44 nurses with a total sampling technique. Data was collected by means of interviews and questionnaires, while data analysis used Chi-square. The results of the univariate analysis found that the work stress variable received the proportion of mild stress (50%) and severe stress (50%) while the highest proportion of workload was found in moderate workload (95.5%). In addition, the bivariate analysis of the chi-square test obtained a p-value of 1,000, a p-value of 1,000 > 0.005, which means that there is no significant relationship between workload and work stress. Suggestions given to minimize the occurrence of work stress in emergency room nurses at the Bogor City Hospital are nurses can have health programs, especially those related to work stress.

Keywords: Nurse, Work Stress, Workload

ABSTRAK

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Program Studi : Kesehatan Masyarakat
Judul : Hubungan Beban Kerja dengan Stress Kerja pada Perawat IGDSelama Pandemi COVID-19 di RSUD Kota Bogor Tahun 2021

Stress merupakan suatu respon yang dimiliki oleh setiap individu dalam menghadapi permasalahan yang tidak sesuai dengan kemampuannya. Tingginya peningkatan jumlah pasien pada masa pandemi COVID-19 membuat beban kerja menjadi tidak merata. Penelitian ini dilakukan untuk menganalisis hubungan beban kerja dengan stress kerja pada perawat IGD selama pandemi COVID-19 di RSUD Kota Bogor 2021. Penelitian ini menggunakan metode kuantitatif dengan pendekatan *cross sectional*. Populasi dalam penelitian sebanyak 44 perawat dengan teknik total *sampling*. Pengumpulan data dilakukan dengan wawancara dan kuesioner, sedangkan analisis data menggunakan *Chi-square*. Hasil penelitian dari analisis univariat didapatkan pada variabel stress kerja mendapat proporsi stress ringan (50%) dan stress berat (50%) sedangkan pada variabel beban kerja proporsi tertinggi terdapat pada beban kerja sedang (95.5%). Selain itu pada analisis bivariat uji *chi-square* didapatkan nilai-p 1,000 maka nilai-p $1,000 > 0,005$ yang artinya tidak ada hubungan yang signifikan antara beban kerja dengan stress kerja. Saran yang diberikan untuk meminimalisir terjadinya stress kerja pada perawat IGD di RSUD Kota Bogor yaitu perawat dapat mempunyai program kesehatan terutama terkait stress kerja.

Kata Kunci: Perawat, Stress Kerja, Beban Kerja