

**GAMBARAN STRES KERJA PADA PERAWAT DI RUANG RAWAT INAP RUMAH SAKIT BUNDA MARGONDA TAHUN 2022**  
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**ABSTRAK**

Perawat merupakan salah satu profesi yang rentan terkena stress kerja. Stress kerja yang dialami oleh perawat, disebabkan oleh tanggung jawab yang besar berkaitan dengan keselamatan nyawa pasien. Ada beberapa faktor yang mempengaruhi munculnya stress kerja pada perawat yaitu faktor lingkungan, faktor individu dan faktor pendukung. Penelitian ini bertujuan untuk mengetahui gambaran stress kerja pada perawat di ruang rawat inap Rumah Sakit Bunda Margonda Tahun 2022. Jenis penelitian yang digunakan yaitu kuantitatif dengan desain penelitian *cross sectional study*. Populasi perawat yaitu 50 perawat. Dan sampel yang digunakan sebanyak 50 perawat dengan teknik pengambilan sampel *total sampling*. Data analisis menggunakan analisis bivariat dengan hasil menunjukkan bahwa ada tingkat stress tinggi pada perawat, yaitu tingkat stress sedang 22 responden (44%) dan tingkat stress rendah yaitu stress ringan 1 responden (2%). Maka dari itu disarankan pengendalian stress kerja pada perawat. Yaitu perawat bekerjasama kepada manajemen keperawatan dan bagian sdm untuk penambahan karyawan atau pelatihan kepemimpinan yang baik untuk meminimalisir stress kerja pada perawat dalam bidang pelayanan di rumah sakit.

**Kata Kunci :** Perawat, Stres Akibat Kerja, Instalasi Rawat Inap, Rumah Sakit Bunda Margonda

Referensi : 73 (2012-2019)

**ABSTRAK**

Nurses are one of the professions that are susceptible to work stress. The work stress experienced by nurses is caused by a great responsibility related to the safety of the patient's life. There are several factors that influence the emergence of work stress on nurses, namely environmental factors, individual factors and supporting factors. This study aims to determine the description of work stress on nurses in the inpatient room at Bunda Margonda Hospital in 2022. The type of research used is quantitative with a cross sectional study design. The population of nurses is 50 nurses. And the sample used was 50 nurses with total sampling technique. Analyst data uses bivariate analysis with the results showing that there is a high level of stress on nurses, namely moderate stress level 22 respondents (44%) and low stress level, namely mild stress 1 respondent (2%). Therefore, it is recommended to control work stress on nurses. Namely nurses cooperate with nursing management and the HR department for additional employees

or good leadership training to minimize work stress on nurses in the field of service in hospitals.

**Keywords:** Nurses, Work Stress, Inpatient Installation, Bunda Margonda Hospital

Reference : 73 (2012-2019)

Job stress is a feeling of pressure experienced by employees in dealing with work as a result of a balance between individual characteristics with work and their environment. According to the Health and Safety Executive, it shows that health professionals, teachers, and nurses have high stress levels with a prevalence rate of 3000 cases per 100,000 workers. According to the Labor Force Survey research, it was found that there were 130,500 cases of work-related stress, the average stress that occurred in women was 2,330 cases and the female sex was produced at the age of 25-34 years.

Whereas in men there were 1,740 cases of work stress and the most important was at the age of 45-54 years. Bunda Margonda Hospital Depok is a Type C Hospital located in the Depok City area, Beji District. This study aims to analyze the description of work stress on nurses in the inpatient room at Bunda Margonda Hospital. The type of research used is quantitative with a cross sectional study design. The population of nurses is 60 nurses. And the sample used was 60 nurses with a total sampling technique of sampling. Therefore, it is necessary to control work stress on nurses. And the nursing field can reach management. Increase and share HR for additional employees or good leadership training to minimize work stress on nurses in hospital services.

**Keywords:** Job Stress, Inpatient Installation, Bunda Margonda Hospital, 6 Chapters, 75 Pages, 2 Pictures, 8 Tables, 6 Attachments  
Reference : 73 (2012-2019)