

ABSTRAK

Ayu, Latifa Safiat. 2021. Pengaruh *Work-family Conflict* terhadap *Burnout* pada Perawat Wanita yang telah Menikah (Studi pada Perawat Penanganan COVID-19). (Dibimbing oleh Yuli Asmi Rozali, M.Psi.,Psikolog)

Tugas Perawat adalah memberikan asuhan keperawatan kepada pasien. Namun pada kondisi pandemi COVID-19, Perawat mengalami berbagai perubahan yang menuntut karena perubahan pola kerja dan berbagai tuntutan tugas sehingga menyebabkan kelelahan fisik dan kelelahan emosional atau *burnout*. Salah satu faktor yang menyebabkan *burnout* adalah konflik peran atau *work-family conflict*. Tujuan penelitian ini untuk mengetahui pengaruh *work-family conflict* terhadap *burnout* pada Perawat wanita penanganan COVID-19 yang telah menikah. Rancangan penelitian ini menggunakan metode penelitian kuantitatif berjenis kausal komparatif dengan teknik *purposive sampling* dengan sampel sebanyak 100 Perawat wanita penanganan COVID-19 yang telah menikah dan bertugas di Rumah Sakit DKI Jakarta. Instrumen penelitian ini menggunakan alat ukur *work-family conflict* dengan koefisien reliabilitas (α) = 0,958 pada 21 aitem dan rentang validitas 0,333 – 0,917 dan alat ukur *burnout* dengan reliabilitas (α) = 0,944 dengan 39 aitem dengan rentang validitas 0,304 – 0,885.

Hasil uji regresi linear menunjukkan terdapat pengaruh positif *work-family conflict* terhadap *burnout* (sig. (p) sebesar 0,000 ($p < 0,05$) dengan persamaan regresi $Y = 42,610 + 1,142X$). Diperoleh hasil bahwa *work-family conflict* mempengaruhi sebanyak 54,2% terhadap *burnout*. Temuan pada penelitian ini adalah Perawat wanita penanganan COVID-19 yang telah menikah lebih banyak mengalami *work-family conflict* yang tinggi diikuti dengan mengalami *burnout* yang tinggi yaitu sebanyak 39 responden (39) dan diketahui bahwa dimensi *time based conflict* dan *behavior based conflict* mendominasi terjadinya *work-family conflict* pada Perawat wanita penanganan COVID-19 yang telah menikah.

Kata kunci : *Work-family Conflict*, *Burnout*, Perawat Wanita penanganan COVID 19 yang telah Menikah.

ABSTRACT

Ayu, Latifa Safiat. 2021. *The effect of Work-family Conflict on Burnout in Married Wowed Nurses (Study on Nurses Handling COVID-19)*. (Supervised by Yuli Asmi Rozali, M.Psi.,Psikolog)

The nurse's job is to provide nursing care to patients. However, during the COVID-19 pandemic, nurses experienced various demanding changes due to changes in work patterns and various task demands, causing physical exhaustion and emotional exhaustion or *burnout*. One of the factors that cause *burnout* is role conflict or *work-family conflict*. The purpose of this study was to determine the effect of *work-family conflict* on *burnout* in married female nurses handling COVID-19. The design of this study used a comparative causal type quantitative research method with *purposive sampling technique* with a sample of 100 female nurses handling COVID-19 who were married and served at the DKI Jakarta Hospital. This research instrument uses amasuring instrument *work-family conflict* with a reliability coefficient (α) = 0.958 on 21 items and a validity range of 0.333 - 0.917 and amasuring instrument *burnout* with reliability (α) = 0.944 with 39 items with a validity range of 0.304 - 0.885. The results of the linear regression test showed that there was a positive effect of *work-family conflict* on *burnout* (sig. (p) of 0.000 ($p < 0.05$) with the regression equation $Y = 42.610 + 1.142X$). The results obtained that *work-family conflict* affects as much as 54.2% of *burnout*.

The findings in this study were that female nurses handling COVID-19 who were married experienced more high *work-family conflict* followed by experiencing *burnout* highas many as 39 respondents (39) and it is known that the dimensions of *time based conflict* and *behavior based conflict* dominate the occurrence of *work-family conflict* on female nurses handling COVID-19 who are married.

Keywords: *Work-family Conflict, Burnout, Married Women Nurse Handling COVID-19*