

ABSTRAK

PENGARUH DUKUNGAN SOSIAL TERHADAP *BURNOUT* PADA PERAWAT (STUDI PADA PERAWAT PENANGANAN COVID-19)

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Perawat adalah kelompok tenaga kesehatan yang paling sering berkontak dengan Pasien COVID-19. Disamping tugas dan tanggung jawab Perawat sebagai pemberi asuhan keperawatan, terdapat perubahan pola kerja dalam penanganan Pasien COVID-19 yang menuntut. Hal tersebut dapat membuat Perawat merasa tertekan dan apabila dialami dalam jangka waktu yang panjang, maka Perawat akan mengalami *burnout*. Salah satu faktor yang dapat mengurangi tingkat *burnout* adalah dukungan sosial. Tujuan penelitian ini untuk mengetahui pengaruh dukungan sosial terhadap *burnout* pada Perawat Penanganan COVID-19, Rancangan penelitian ini studi kuantitatif non eksperimental dengan jenis kausal komparatif dan teknik *purposive sampling* pada sampel sebanyak 100 responden. Instrumen penelitian yang digunakan berupa alat ukur dukungan sosial dengan reliabilitas (α)=0.935 sebanyak 40 aitem dengan rentang validitas 0.315–0.734 dan alat ukur *burnout* dengan reliabilitas (α)=0.985 sebanyak 50 aitem dengan rentang validitas 0.337–0.932. Hasil uji regresi linear menunjukkan terdapat pengaruh dukungan sosial terhadap *burnout* dengan sig. ($p = 0.000$) ; ($p < 0.05$) artinya, hipotesis diterima. Temuan penelitian ini menunjukkan sebanyak 17 Perawat (17%) memiliki skor dukungan sosial tinggi yang diikuti oleh skor *burnout* tinggi. Perawat Penanganan COVID-19 dengan dukungan sosial yang tinggi masih berpotensi mengalami *burnout* tinggi disebabkan faktor selain dukungan sosial.

Kata kunci : *Burnout*, Dukungan Sosial, Perawat Penanganan COVID-19.

ABSTRACT

**THE EFFECT OF SOCIAL SUPPORT ON BURNOUT IN NURSES (STUDY
ON NURSES HANDLING COVID-19)**

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Nurses are the group of health workers who have the most contact with COVID-19 patients. In addition to the duties and responsibilities of nurses as nursing care providers, there are changes in work patterns in handling demanding COVID-19 patients. This can make the nurse feel depressed and if it is experienced in a long period of time, the nurse will experience burnout. One of the factors that can reduce burnout rates is social support. The purpose of this study was to determine the effect of social support on burnout in nurses handling COVID-19. The design of this study was a non-experimental quantitative study with a causal comparative type and purposive sampling technique on a sample of 100 respondents. The research instrument used was a social support measuring instrument with reliability (α) = 0.935 as many as 40 items with a validity range of 0.315–0.734 and a burnout measuring instrument with reliability (α) = 0.985 as many as 50 items with a validity range of 0.337–0.932. The results of the linear regression test showed that there was an effect of social support on burnout with sig. ($p = 0.000$) ; ($p < 0.05$) means that the hypothesis is accepted. The findings of this study showed as many as 17 nurses (17%) had a high score of social support followed by a high burnout score. Nurses handling COVID-19 with high social support still have the potential to experience high burnout due to factors other than social support.

Keywords : Burnout, Nurses Handling COVID-19, Social Support