

# GAMBARAN BEBAN KERJA PADA PERAWAT DENGAN MENGGUNAKAN NASA-TLX DI UNIT RAWAT JALAN RUMAH SAKIT X JAKARTA PUSAT TAHUN 2023

Sri Martha<sup>1</sup> Izzatu Millah<sup>2</sup>, Fierdania Yusvita, Cut Alia Keumala Muda  
Program Studi Kesehatan Masyarakat, Fakultas Ilmu-Ilmu Kesehatan Universitas Esa Unggul Jl. Arjuna Utara No. 9, Kebon Jeruk, Kota Jakarta Barat, 11510  
Email : [srimarthamatondang@student.esaunggul.ac.id](mailto:srimarthamatondang@student.esaunggul.ac.id)

## ABSTRACT

*Nurses are the health profession whose needs are the most among other health workers. Their workload is also the heaviest, covering the complexity of patients, nurses are required to be able to accompany 2 doctors at the same time and take other activities (multirole), this causes an increase in the workload of occupational health and safety (K3) risk nurses for nurses. Various negative consequences, such as physical and mental exhaustion, injuries from work accidents, and exposure to infectious diseases, can compromise their health and safety. Therefore, efforts need to improve the welfare of nurses and minimize the risk of K3 they face. This study aims to determine the picture of nurse workload using NASA-TLX in the outpatient unit of RS X. The study used a descriptive quantitative approach, the study population was 55 nurses, the sample used a non-probability type of total sampling method of 55 nurses. Based on the results of the study, the workload of nurses with the light category was 7 people (12.7%), the medium workload was 22 people (47.3%), and the high workload was 26 people (47.3%). The average workload of nurses is 73.25 in the category of medium workload. Workload dimensions: KM (mental needs), frequency 162 weights (19.83%), KF (physical needs), frequency 60 weights (7.34%), KW (time needs), frequency 164 weights (20.07%), P (performance) frequency 106 weights (12.97%), TU (effort level) frequency 112 weights (13.71%), TF (frustration level) frequency 213 weights (26.07%). It is recommended for RS X that there needs to be an evaluation of workload such as worker rotation, meetings between nurses at the end of every month, entertainment walks together between nurses to reduce the dimension of Frustration Level so as to reduce the possibility of bad due to workload.*

**Keywords:** Workload, Nurse, NASA-TLX.

## ABSTRAK

Perawat adalah profesi kesehatan yang kebutuhannya paling banyak di antara tenaga kesehatan lainnya. Beban kerja mereka pun menjadi yang terberat, mencakup kompleksitas pasien, perawat di haruskan mampu mendampingi 2 dokter dalam waktu bersamaan dan menyambi aktifitas lain (multiperan), hal ini menyebabkan peningkatan beban kerja perawat risiko kesehatan dan keselamatan kerja (K3) bagi para perawat. Berbagai konsekuensi negatif, seperti kelelahan fisik dan mental, cedera akibat kecelakaan kerja, dan paparan terhadap penyakit menular, dapat membahayakan kesehatan dan keselamatan mereka. Oleh karena itu, perlu adanya upaya meningkatkan kesejahteraan perawat dan meminimalkan risiko K3 yang mereka hadapi. Penelitian ini bertujuan untuk mengetahui gambaran beban kerja perawat dengan menggunakan NASA-TLX di unit rawat jalan RS X. Penelitian menggunakan pendekatan kuantitatif deskriptif, populasi penelitian 55 perawat, sampel menggunakan jenis non-probabilitas metode total sampling sebanyak 55 perawat. Berdasarkan hasil penelitian beban kerja perawat dengan kategori ringan 7 orang (12,7%), beban kerja sedang 22 orang (47,3%), dan beban kerja tinggi 26 orang (47,3%). Rata-rata Beban Kerja Perawat 73,25 di kategorikan beban kerja sedang. Dimensi beban kerja KM (kebutuhan mental) frekuensi 162 bobot (19,83%), KF (kebutuhan fisik) frekuensi 60 bobot (7,34%), KW (kebutuhan waktu) frekuensi 164 bobot (20,07%), P (perfoormansi) frekuensi 106 bobot (12,97%), TU (tingkat usaha) frekuensi 112 bobot (13,71%), TF (tingkat frustasi) frekuensi 213 bobot (26,07%). Disarankan bagi RS X perlu adanya evaluasi beban kerja seperti rotasi pekerja, pertemuan antar perawat setiap akhir bulan,hiburan jalan-jalan bersama antar perawat untuk mengurangi dimensi Tingkat Frustrasi sehingga menekan kemungkinan buruk akibat beban kerja.

**Kata kunci :** Beban Kerja, Perawat, NASA-TLX.