

## **ABSTRAK**

**Eriansyh Suleman SB.** 2015. *Hubungan beban kerja dengan tingkat kejenuhan kerja (burnout) perawat di Instalasi Rawat Darurat (IRD) RSUD Prof. Dr. H. Aloi Saboe Kota Gorontalo.* Skripsi, Jurusan Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I **Ns. Rini Fahrani Zees, S. Kep, M.Kep** dan pembimbing II **Ns. Rhein R. Djunaid, S.Kep, M.Kes**

Tingginya intensitas pekerjaan yang dilakukan perawat menyebabkan meningkatnya beban kerja sehingga mudah mengalami stres dan berpotensi mengalami kecenderungan *burnout* pada perawat. Penelitian ini bertujuan untuk mengetahui hubungan beban kerja dengan tingkat kejenuhan perawat (*burnout*) di instalasi rawat darurat (IRD) RSUD Prof. Dr. H. Aloi Saboe Kota Gorontalo.

Jenis penelitian deskriptif korelasi melalui pendekatan *cross sectional study*. Populasi adalah perawat di Instalasi Rawat Darurat di RSUD Prof. Dr. H. Aloi Saboe Kota Gorontalo dengan jumlah sampel 30 orang yang ditentukan dengan teknik *purposive sampling*. Data dikumpul menggunakan kuisioner dan dianalisis dengan uji *Chi-Square*.

Hasil penelitian ditemukan 21 perawat (70%) memiliki beban kerja tinggi dan 25 orang perawat (83,3 %) memiliki kejenuhan kerja. Beban kerja memiliki hubungan yang bermakna dengan tingkat kejenuhan (*burnout*) perawat dengan nilai  $p$  value 0,019 ( $<0,05$ ).

Terdapat hubungan yang bermakna antara beban kerja dengan tingkat kejenuhan (*burnout*) perawat di Instalasi Rawat Darurat (IRD) RSUD Prof Dr. H. Aloi Saboe Kota Gorontalo. Untuk itu disarankan agar rumah sakit dapat menyesuaikan beban kerja dengan kemampuan serta keahlian perawat dengan melakukan pengaturan jumlah jam kerja dan meningkatkan kemampuan keterampilan melalui pelatihan serta kegiatan rekreasi.

Kata kunci : beban kerja, kejenuhan kerja.

Daftar pustaka : 27 referensi (2002-2013)

## ABSTRACT

**Eriansyh Suleman SB.** 2015. The Analysis of Workload and Burnout of Nurses at Emergency Installation of Regional Public Hospital of Prof. Dr. H. Aloei Saboe of Gorontalo City. Study Program of Nursing, Faculty of Health and Sport Sciences, Universitas Negeri Gorontalo. The principal supervisor was Ns. Rini Fahrani Zees, S.Kep, M.Kep and the co-supervisor was Ns. Rhein R. Djunaid, S.Kep, M.Kes.

The high level of work intensity of nurses causes the increase of workload of nurses so that they become easy in having stress and potentially experience preference of burnout. The research aimed at investigating the relationship between workload and level of burnout of nurses at Emergency Installation of Regional Public Hospital of Prof. Dr. H. Aloei Saboe of Gorontalo City.

The research was correlation descriptive research by having cross sectional study approach. The population of research were all nurses at Emergency Installation of Regional Public Hospital of Prof. Dr. H. Aloei Saboe of Gorontalo City. The samples of research were 30 nurses chosen through purposive sampling. The data were collected through questionnaire and analyzed through Chi-square test.

The research result showed that there were 21 nurses (70%) who had high workload, and there were 25 nurses (83, 3%) who had work saturation. Furthermore, it found that workload had significant relation toward level of burnout of nurses at Emergency Installation of Regional Public Hospital of Prof. Dr. H. Aloei Saboe of Gorontalo City. Therefore, it suggests that the hospital party can adjust the workload and the ability and skill of nurses by arranging the work time and increasing the ability and skill through training and recreation.

Keywords: workload, burnout

Bibliographies: 27 (2002-2013)

