

ABSTRAK

Entin Urip. 2015. Hubungan Shift Kerja dengan Stres Kerja pada Perawat di Interna RSUD Prof Dr. H. Aloi Saboe Kota Gorontalo. Skripsi. Jurusan Ilmu Keperawatan, Fakultas Ilmu-ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I dr. Zuhriana K. Yusuf, M.Kes., dan Nasrun Pakaya S.Kep., Ns. M.Kep.

Dalam proses *shift* kerja perawat umumnya dihadapkan dengan beban kerja berlebihan, aktivitas monoton sehingga timbul rasa lelah tegang, kebosanan, ketidaksenangan berujung pada stres kerja. Tujuan Penelitian mengetahui hubungan shift kerja dengan stres kerja pada perawat di Interna RSUD Prof Dr. H. Aloi Saboe Kota Gorontalo.

Desain Penelitian dengan pendekatan *Cross Sectional*. Jumlah Populasi 52 perawat dengan teknik *total sampling*. Data dikumpul menggunakan lembar observasi shift kerja dan kuesioner stres kerja. Dianalisis dengan uji *Chi Square*.

Shift kerja tidak tetap sebanyak 30 responden (61,2%) dan responden *Shift* tetap sebanyak 19 responden (38,8%) dan tingkat stres ringan dan sedang sebanyak 22 responden (44,9%) dan responden yang mengalami stres berat sebanyak 27 responden (55,1%). Terdapat hubungan shift kerja dengan stres kerja pada perawat di Interna RSUD Prof Dr. H. Aloi Saboe Kota Gorontalo dengan nilai $p= 0,041$. Disarankan kepada rumah sakit agar memberikan edukasi manajemen shift kerja personal yang efektif guna mempertahankan mutu pelayanan dan menerapkan terapi musik serta *sense of humor* bagi perawat untuk mengurangi stres kerja.

Kata Kunci: *Shift* Kerja, Stres Kerja, Perawat
Daftar Pustaka: 24 Referensi (2002-2014)

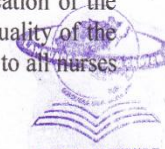
ABSTRACT

Entin Urip. 2015. The Relationship of Shifting Time and Stress of Work on Nurses in Internal Room in Regional Public Hospital (RSUD) Prof. Dr. H. Aloei Saboe, Gorontalo City. Skripsi. Department of Nursing. Faculty of Health Sciences and Sports. State University of Gorontalo. The principal supervisor was dr. Zuhriana K. Yusuf, M.Kes., and Co-supervisor was Nasrun Pakaya, S.Kep..Ns.,M.Kep.

In the process of shifting of nurses, it generally faces to the overload workload, *monotonous activity, so that it causes tension, boring, unhappiness that end to stress.* This research aimed at knowing the relationship of shifting time and stress of work on nurses in internal room in RSUD Prof. Dr, H. Aloei Saboe, Gorontalo City.

The design of this research used cross sectional approach. The population was about 52 nurses and used total sampling technique. The data collection used observation sheet of the shifting schedule and stress questionnaire. It was analyzed with Chi square test.

The shifting with inconstant category was about 30 respondents or about (61,2%) and the constant category was about 19 respondent or about (38,8%). The level of mild and medium stress was about 22 respondents or 44,9%, and the heavy stress was about 27 respondents or 55,1%. There is a relationship of shifting time and stress of work on nurses in Internal room in RSUD Prof. Dr, H. Aloei Saboe with the p value was 0,041. It is suggested to the hospital management to give the education of the personal effective of the shifting management in order to maintain the quality of the services and implement the music therapy, increasing the sense of humor to all nurses in terms of decreasing the stress.



Keywords; Shifting Time, Stress, Nurse.

References; 24 (2002-2014)