

## ABSTRAK

Perawat berisiko mengalami penurunan status kesehatan, seperti gangguan tidur yang mengarah ke *shift work disorder* dan *fatigue*. Pengembangan model *shift work tolerance* dapat digunakan untuk menganalisis faktor yang berpengaruh terhadap status kesehatan perawat.

Tujuan penelitian ini adalah untuk mengembangkan model *shift work tolerance* berdasarkan *shift worker's coping with stress model*, *coping with the stress of shift work model*, dan *transactional model stress and coping*. Penelitian dilakukan di RSUD Ulin Banjarmasin, RSD Idaman Banjarbaru, RS Dr. H. Moch. Ansari Shaleh Banjarmasin, serta tiga rumah sakit yang dikelola oleh swasta di Provinsi Kalimantan Selatan tahun 2020, jumlah sampel 201 perawat wanita. Variabel dalam penelitian adalah status kesehatan perawat (*shift (well-being; shift work disorder (SWD dan fatigue)*)), stresor pekerjaan, konflik interpersonal, faktor domestik keluarga, jam biologis tidur (ritme sirkadian), faktor personal tidur (*sleep hygiene*), *appraisal*, strategi koping, *meaning based coping*, dan stres.

Hasil penelitian menunjukkan bahwa model *shift work tolerance* adalah model fit untuk memprediksi faktor yang memengaruhi status kesehatan perawat *shift*. *Path analysis* menunjukkan semua jalur signifikan, kecuali faktor domestik keluarga, *sleep hygiene*, dan *appraisal*. Temuan baru dalam penelitian adalah jam biologis tidur merupakan prediktor terkuat *shift work disorder*. Selain itu strategi koping dan stres adalah *full mediator*. Strategi koping dipengaruhi kuat oleh *meaning based coping*. Jam biologis tidur/ritme sirkadian tidur; stres; strategi koping; *meaning based coping*; konflik interpersonal dan beban kerja merupakan prediktor status kesehatan perawat *shift* (kepuasan hidup; *shift work disorder (SWD dan fatigue)*). Manajemen prediktor diperlukan untuk meningkatkan status kesehatan perawat *shift*.

**Kata Kunci:** *Shift Work Tolerance*, Strategi Koping, Stres, Perawat

## ABSTRACT

Shift work nurses experience health problem such as shift work sleep disorder and fatigue. Shift work tolerance model can predict factors that affecting health status among shift work nurses.

The purpose of this study was to examine shift work tolerance model on health status based on the shift worker's coping with stress model, the coping with the stress of shift work model, and the transactional model stress and coping. We collected the data from Ulin Hospital, Idaman Hospital Banjarbaru, Dr. H. Moch. Ansari Shaleh Hospital, and three private hospitals in South Kalimantan in 2020, with a total sample of 201 female nurses using cross sectional design. The variables in this study were health status (well-being; shift work disorder (SWD and fatigue)), occupational stressor, interpersonal conflict, family factor, biological sleep clock, sleep factor, appraisal, coping strategies, meaning based coping and stress.

The results showed that shift work tolerance model was effective for predicting factors that affect health status in shift work nurses. The path results showed all pathways were significant, except family factor, sleep factor, and appraisal. Biological sleep clock (circadian rhythms) had the strongest total effect on shift work disorder. Furthermore coping strategies and stress were full mediator in this model. Coping strategies was strongly influenced by meaning based coping.

Biological sleep clock, stress, coping strategies, meaning based coping, interpersonal conflict, and occupational stressor were predictors of health (life satisfaction; shift work disorder (SWD and fatigue)) among shift work nurses. Understanding about these factors is needed to manage health status.

**Keywords:** Shift Work Tolerance, Coping Strategies, Stress, Nurse