

ABSTRAK

Farisa Alyani D, 111711133109, Pengaruh *Work Life Balance* dan *Fear of Covid-19* terhadap *Burnout* pada Perawat Rumah Sakit, Skripsi, Fakultas Psikologi Universitas Airlangga, Surabaya, 2021.

xvi + 76 halaman, 10 lampiran

Penelitian ini bertujuan untuk mengetahui apakah terdapat pengaruh work life balance dan fear of covid-19 terhadap burnout pada perawat rumah sakit. Hipotesis dalam penelitian ini adalah (1) terdapat pengaruh work life balance terhadap burnout; (2) terdapat pengaruh fear of covid-19 terhadap burnout; (3) terdapat pengaruh work life balance dan fear of covid-19 secara bersamaan terhadap burnout.

Metode penelitian ini menggunakan survei kuantitatif pada perawat rumah sakit. Jumlah subjek pada penelitian ini sebanyak 131 orang perawat rumah sakit. Pengumpulan data yang dilakukan pada penelitian ini yaitu berupa kuesioner yang tersusun dengan alat ukur Indonesian Version of the Fear of Covid-19 Scale, Maslach Burnout Inventory, dan Work Life Balance Scale. Data analisis dilakukan menggunakan uji regresi linear sederhana dan uji regresi berganda dengan menggunakan bantuan software Jamovi 1.1.4.0 for Windows.

Hasil penelitian menunjukkan bahwa terdapat pengaruh negatif yang signifikan pada work life balance yang terdiri WIPL, PLIW, WEPL, dan PLEW terhadap burnout dan memprediksi burnout sebesar 57,1% ($R^2 = 0,571$; $p < 0,001$). Sedangkan untuk fear of covid-19 yaitu terdapat pengaruh positif yang signifikan terhadap burnout dan memprediksi burnout sebesar 13,3% ($R^2 = 0,133$; $p < 0,001$). Jika dianalisis secara simultan, work life balance yang terdiri WIPL, PLIW, WEPL, PLEW dan fear of covid-19 mampu memprediksi burnout sebesar 57,7%, dan terbukti signifikan ($R^2 = 0,577$; $p < 0,001$).

Kata kunci: *work life balance, burnout, fear of covid-19, perawat.*

Daftar Pustaka, (51) (1981-2021)

ABSTRACT

Farisa Alyani D, 111711133109, *The Effect of Work Life Balance and Fear of Covid-19 on Burnout among Hospital Nurses, Undergraduate Thesis, Faculty of Psychology, Univesitas Airlangga, Surabaya, 2021.*

xvi + 76 pages, 10 appendixes

The aimed of this study is to determine the effect of work life balance and fear of covid-19 on burnout among hospital nurses. The hypotheses in this study are (1) there is an effect of work life balance on burnout; (2) there is an effect of fear of covid-19 on burnout; (3) there is an effect of work life balance and fear of covid-19 simultaneously on burnout.

This research method uses a quantitative survey of hospital nurses. The number of subjects in this study were 131 hospital nurses. In this study data were collected by the form of a questionnaire of measuring instruments Indonesian Version of the Fear of Covid-19 Scale, Maslach Burnout Inventory, and Work Life Balance Scale. Data analysis was performed using simple linear regression test and multiple regression test using software Jamovi 1.1.4.0 for Windows.

The results showed that there was a significant negative effect on work life balance consisting of WIPL, PLIW, WEPL, PLEW on burnout and predicted burnout of 57,1% ($R^2 = 0,571$; $p < 0,001$). As for the fear of covid-19, there is a significant positive effect on burnout and predicts burnout of 13.3% ($R^2 = 0.133$; $p < 0.001$). If analyzed simultaneously, work life balance consisting of WIPL, PLIW, WEPL, PLEW and fear of covid-19 can predict a burnout of 57.7%, and proved to be significant ($R^2 = 0.577$; $p < 0.001$)

Keywords: *work life balance, burnout, fear of covid-19, nurses.*

References, (51) (1981-2021)