

ABSTRAK

HUBUNGAN TINGKAT STRES DAN *BURNOUT SYNDROME* DENGAN KUALITAS TIDUR PADA MAHASISWA PROFESI NERS FAKULTAS KEPERAWATAN UNIVERSITAS AIRLANGGA

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Pendahuluan : Tidur merupakan suatu kebutuhan dasar yang harus dipenuhi. Kualitas tidur yang buruk salah satunya dapat disebabkan karena stres dan kondisi kelelahan. Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat stres dan *burnout syndrome* terhadap kualitas tidur pada mahasiswa ners Fakultas Keperawatan Universitas Airlangga. **Metode :** Penelitian ini menggunakan desain *cross-sectional*. Populasi penelitian adalah mahasiswa profesi ners Fakultas Keperawatan Unair program reguler dan alih jenis. Total sampel sebanyak 126 responden diperoleh dengan menggunakan teknik *simple random sampling*. Variabel independen yaitu tingkat stress dan *burnout syndrome* dan variabel dependen yaitu kualitas tidur. Data dikumpulkan dengan kuesioner *Perceived Stress Scale* (PSS), *Maslach Burnout Inventory* (MBI), *Pittsburg Sleep Quality Index* (PSQI) dan dianalisis menggunakan uji *spearman's rho* dan uji regresi logistik. **Hasil :** Hasil penelitian menunjukkan terdapat hubungan antara tingkat stress dengan kualitas tidur ($p=0,000$, $r=0,311$), terdapat hubungan antara *burnout syndrome* khususnya dimensi kelelahan emosional dengan kualitas tidur ($p=0,025$) dan hasil dari uji regresi logistik menunjukkan terdapat keterkaitan antara tingkat stres ($p=0,000$) dan *burnout syndrome* dimensi kelelahan emosional ($p=0,025$) dengan kualitas tidur pada mahasiswa profesi ners Fakultas Keperawatan Unair. **Kesimpulan :** Tingkat stress yang dialami oleh mahasiswa profesi terutama stres dalam merawat pasien dan *burnout syndrome* khususnya pada dimensi kelelahan emosional dapat mempengaruhi kualitas tidur mahasiswa profesi.

Kata Kunci : tingkat stress, *burnout syndrome*, kualitas tidur, mahasiswa profesi ners

ABSTRACT

A RELATIONSHIP BETWEEN STRESS LEVEL AND BURNOUT SYNDROME WITH SLEEP QUALITY ON CLINICAL NURSING STUDENTS IN FACULTY OF NURSING AIRLANGGA UNIVERSITY

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Background: Sleep is a basic need that must be fulfilled. Poor sleep quality can be caused by stress and fatigue. This study aims to analyze the relationship between stress levels and burnout syndrome with sleep quality on clinical nursing students of the Nursing Faculty at Airlangga University. **Method:** This study uses a cross-sectional design. The population is clinical nursing student Faculty of Nursing Universitas Airlangga from the regular program and over the program level. The total sample was 126 respondents using a simple random sampling technique. Independent variables are stress level and burnout syndrome and the dependent variable is sleep quality. Data collected by questionnaires Perceived Stress Scale (PSS), Maslach Burnout Inventory (MBI) and Pittsburg Sleep Quality Index (PSQI) and then analyzed using spearman's rho test and logistic regression test. **Result:** The results showed that there was a relationship between stress levels and sleep quality ($p = 0,000$, $r = 0,311$), there was a relationship between burnout syndrome specifically the dimensions of emotional exhaustion with sleep quality ($p = 0,025$) and the results of logistic regression tests showed a correlation between stress levels ($p = 0,000$) and burnout syndrome dimensions of emotional exhaustion ($p = 0.025$) with the quality of sleep in clinical nursing students of the Faculty of Nursing Airlangga University. **Discussion:** The level of stress experienced by clinical nursing students, especially stress in caring for patients and burnout syndrome, especially in the dimensions of emotional exhaustion affect the quality of sleep for clinical nursing students.

Keywords: stress level, burnout syndrome, quality of sleep, clinical nursing student