

TESIS

**HUBUNGAN BEKERJA GILIRAN MALAM
DENGAN STRES KERJA PADA PERAWAT
DI RSUD DR. SOETOMO SURABAYA**



**PROGRAM PASCASARJANA
UNIVERSITAS AIRLANGGA
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**Untuk memperoleh Gelar Magister
dalam Program Studi Ilmu Kesehatan Masyarakat
Pada Program Pascasarjana Universitas Airlangga**



Oleh :

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**PROGRAM PASCASARJANA
UNIVERSITAS AIRLANGGA
SURABAYA**

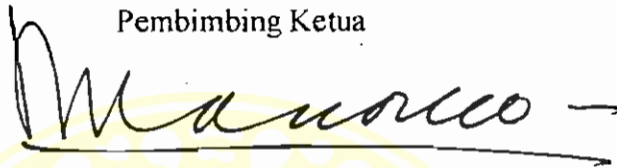
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**TESIS INI TELAH DISETUJUI UNTUK DIUJI
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ABSTRACT

Nursing, as a part of hospital service, one of service industries, should be provided for 24 hours. Therefore, a nurse has to work in shift, including night shift, to provide the service for the clients. Working at night during a night shift may result in psychosocial stress, in addition to the occurrence of body homeostatic disorder, incapability to resist foreign agents and susceptibility to acute infectious disease.

This study, which investigated correlation between night shift and occupational stress in nurse, was done in Surgical, Medical and Pediatric Wards, Dr Soetomo Hospital, Surabaya. The objective of this study was to investigate correlation between night shift and occupational stress in nurse, and proportion of occupational stress and factors related to occupational stress in nurse.

The design used was analytic observational design. Data analysis was done descriptively and also used Chi-square analysis and multiple logistic regression test processed with computer program with level of significance of 0,05.

Results showed that in studied group 71,2% experienced psychological stress and 39,6% experienced physiological stress, while values in control group were 67,8% and 32,2%, respectively. Chi-square test showed no significant correlation between night shift and occupational stress in nurse, either for psychological ($p = 0,62$) and physiological stress ($p=0,31$). Multiple logistic regression test showed that sex ($p=0,003$), relation with children ($p=0,007$), relation with other family members ($p=0,042$) correlated to psychological stress. Sex ($p=0,02$), relation with children ($p=0,001$), relation with other family members ($p=0,012$), severity of client's disease ($p=0,001$) correlated to physiological stress. Age, level of education, residential area, marriage status, parents, husband/wife, client's age, and type of client's disease showed no correlation to occupational stress in nurse.

It is recommended that in organizing night shift, internal factors of the nurse, family, and clients should be considered. The interval of night shift should be three nights, and regular health examination should be done to monitor physical and psychological well-being in night-shift nurse. Further study with more objective measurement on occupational stress in nurse is also warranted.

Key Words : nurse, night shift, occupational stress, psychological stress, physiological stress