

**ABSTRACT**

**THE CORRELATION BETWEEN STRESSOR AND STRESS  
IN HEMODIALYSIS NURSE GOVERNMENT HOSPITAL (*FASKES II*)  
AT SURABAYA**

**A CORRELATION DESCRIPTIVE STUDY**

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**Introduction:** Stress is one of the problems that often occur in nursing. Stress is response of the stressor. Stressors in hemodialysis unit nurses consists of a biological stressor, psychological stressor, social stressor, cultural stressor. Nurse stress can caused negative effects for nurses both the individual, social life, and the work environment if not promptly treated. The purpose of this study was to identify the correlation between stressor and stress. **Method :** This study used cross sectional approach was done on 16 nurses in hemodialysis units, that were 8 nurses of RSU Haji nurses and 8 nurses of Dr. M. Soewandhie Surabaya, the participant were selected by total sampling. Data were collected by questionnaire stressor and stress, and analyzed by using Spearman rho with significant level  $<0,05$ . **Result :** The result showed that most of the hemodialysis unit nurses experienced strong stressors including biological stressors (56%), cultural stressor (56%), psychological stressor (50%), and social stressor (62%). Most nurses experienced mild stress (69%) and the other nurses experienced moderate stress (31%). Statistical test showed that, psychological stressor ( $p=0,058$ ) didn't have significant correlations with stress, whereas biological stressor ( $p=0,013$ ), social stressor ( $p=0,005$ ) and cultural stressor ( $p=0,005$ ) had significant correlation with stress hemodialysis unit nurses of government hospital (*Faskes II*) at Surabaya. **Discussion:** Most nurses of hemodialysis unit experienced mild stress, therefore it is expected the nurse is able to recognize and control, and be able to adapt to the stressor either biological stressor, psychological, social, cultural.

**Keyword:** *stressor, stress, nurse, hemodialysis unit*

**ABSTRAK**

**HUBUNGAN STRESOR DENGAN STRES PERAWAT PELAKSANA  
UNIT HEMODIALISIS RUMAH SAKIT PEMERINTAH (FASKES II)  
DI KOTA SURABAYA**

**PENELITIAN DISKRIPITIF KORELASIONAL**

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**Pengantar:** Stres adalah salah satu masalah yang sering terjadi dalam keperawatan. Stres merupakan respon dari stresor. Stres perawat di unit hemodialisis terdiri dari stresor biologis, psikologis, sosial, budaya. Stres perawat dapat menyebabkan efek negatif bagi individu perawat, kehidupan sosial, dan lingkungan kerja jika tidak segera diatasi. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara stressor dan stress perawat pelaksana unit hemodialisa Rumah Sakit Pemerintah (Faskes II) di Kota Surabaya. **Metode :** Penelitian ini menggunakan pendekatan *cross sectional* dilakukan pada 16 perawat di unit hemodialisis, yaitu 8 perawat perawat RSUD Haji dan 8 perawat dari Dr. M. Soewandhie Surabaya, pengambilan sampel menggunakan *total sampling*. Data dikumpulkan dengan kuesioner stressor dan stres, dan dianalisis dengan menggunakan *Spearman rho* dengan tingkat signifikan  $<0,05$ . **Hasil :** Hasil penelitian menunjukkan bahwa sebagian besar perawat unit hemodialisis mengalami stressor kuat diantaranya stressor biologis (56%), stressor budaya (56%), stressor psikologis (50%), dan stressor sosial (62%). Sebagian besar perawat mengalami stres ringan (69%) dan perawat lainnya mengalami stres sedang (31%). Uji Statistik menunjukkan bahwa, stressor psikologi ( $p= 0,058$ ) tidak memiliki korelasi yang signifikan dengan stres, sedangkan stressor biologis ( $p= 0,013$ ), stressor sosial ( $p= 0,005$ ) dan stressor budaya ( $p= 0,005$ ) memiliki hubungan yang signifikan dengan stres perawat pelaksana unit hemodialisis Rumah Sakit Pemerintah (Faskes II) di Surabaya. **Diskusi:** Sebagian besar perawat unit hemodialisis mengalami stres ringan, oleh karena itu diharapkan perawat mampu mengenali dan kontrol, dan mampu beradaptasi dengan stressor baik stressor biologis, psikologis, sosial, budaya.

Keyword: stressor, stres, perawat, unit hemodialisis