

ABSTRACT

Nurses are said to have jobs that are very stressful because they require them to deal with the needs of patients. Nurse fatigue is also associated with work stress, workload, and the level of conflict that occurs in the work environment. The purpose of the study was to analyze the differences in fatigue between nurses on duty in the intensive care unit and the emergency department of the Bhayangkara Hospital HS. Samsleri Mertojoso Surabaya.

This research is an observational research with cross sectional design. The study population was all nurses who worked at the ICU and ER of Bhayangkara Hospital HS. Samsleri Mertojoso as many as 25 nurses.

The variables of this study include individual characteristics consisting of: age, sex, years of service, education level, marital status, nutritional status, length of work, workload and subjective fatigue.

The results of the Chi Square test show that there is a relationship between subjective fatigue and the correlation value of Cramer's V association from strong to very weak relationship are length of work (0.498), nutritional status (0.475), age (0.417), marital status (0.299), workload (0.284), years of service (0.188), gender (0.161) and level of education (0.040).

The conclusion of this study is that most respondents aged 20-30 years, female sex, Diploma 3 level of nursing, marriage, length of work > 40 hours per week, normal nutritional status, moderate workload. There is a relationship between individual characteristics and subjective fatigue, then there are differences in subjective fatigue between ICU nurses and the ER.

Keywords: Nurse, ER, ICU, Subjective Fatigue

ABSTRAK

Perawat disebut memiliki pekerjaan yang sangat stress karena mengharuskan mereka menghadapi pelayanan kebutuhan pasien. Kelelahan kerja perawat juga berhubungan dengan stress kerja, beban kerja, dan tingkat konflik yang terjadi di lingkungan kerjanya. Tujuan dari penelitian untuk menganalisis perbedaan kelelahan antara perawat yang bertugas di unit perawatan intensif dan unit gawat darurat Rumah Sakit Bhayangkara HS. Samsoreri Mertojoso Surabaya.

Penelitian ini merupakan penelitian observasi dengan rancang bangun *cross sectional*. Populasi penelitian ini adalah seluruh perawat yang bekerja di ICU dan UGD Rumah Sakit Bhayangkara HS. Samsoreri Mertojoso sebanyak 25 perawat.

Variabel Penelitian ini meliputi karakteristik individu yang terdiri dari : umur, jenis kelamin, masa kerja, tingkat pendidikan, status perkawinan, status gizi, lama kerja, beban kerja, dan kelelahan subyektif.

Hasil penelitian pada uji Chi Square menunjukkan adanya hubungan kelelahan subyektif dengan nilai korelasi asosiasi Cramer's V dari hubungan kuat sampai sangat lemah adalah lama kerja (0,498), status gizi (0,475), umur (0,417), status perkawinan (0,299), beban kerja (0,284), masa kerja (0,188), jenis kelamin (0,161) dan tingkat pendidikan (0,040).

Kesimpulan dari penelitian ini adalah sebagian besar responden berumur 20-30 tahun, jenis kelamin perempuan, tingkat pendidikan Diploma 3 keperawatan, kawin, lama bekerja > 40 jam perminggu, status gizi normal, beban kerja sedang. Terdapat hubungan karakteristik individu dengan kelelahan subyektif, kemudian ada perbedaan kelelahan subyektif antara perawat ICU dan UGD.

Kata kunci : Perawat, UGD, ICU, Kelelahan Subyektif