

ABSTRAK

HUBUNGAN *PERSONALITY STRESS* DAN *ENVIRONMENTAL STRESS* DENGAN *BURNOUT SYNDROME* PADA PERAWAT UNIT KHUSUS DI RUMAH SAKIT UMUM HAJI SURABAYA

Penelitian *Cross-sectional* di Rumah Sakit Umum Haji Surabaya

Oleh: Aris Sucipto

Pengantar. Perawat unit khusus merupakan staff rumah sakit yang biasa terjadi *burnout*, faktor penyebab *burnout* antara lain *personality stress* dan *environmental stress*. Tujuan penelitian ini adalah untuk mengetahui hubungan *personality stress* dan *environmental stress* dengan *burnout* pada perawat unit khusus. **Metode.** Penelitian *burnout* ini menggunakan pendekatan *Cross-sectional*. Total sampel adalah 102 responden. Teknik sampling menggunakan *purposive sampling*. Data di analisis menggunakan analisis regresi linear berganda dengan derajat signifikansi $p < 0,05$. **Hasil.** Hasil penelitian menunjukkan bahwa sub variable *personality stress* yang berhubungan signifikan dengan *burnout* pada ruang IGD yaitu *agreeableness*, HD yaitu *agreeableness*, ICU yaitu *conscientiousness*, dan IBS yaitu *conscientiousness*. Selanjutnya pada sub variable *environmental stress* yang berhubungan dengan *burnout* pada ruang IGD yaitu *mental effort load*, HD yaitu *psychological stress load*, ICU yaitu *mental effort load* dan *psychological stress load*, dan IBS yaitu *mental effort load* dan *psychological stress load*. **Diskusi.** *Personality stress* memiliki hubungan dengan *burnout*, semakin tinggi *personality stress* maka akan semakin tinggi pula kemungkinan *burnout* yang dialami oleh perawat. *Environmental stress* memiliki hubungan dengan *burnout*, semakin tinggi *environmental stress* maka akan semakin tinggi pula kemungkinan *burnout* yang dialami oleh perawat.

Kata kunci: *personality stress*, *environmental stress*, *burnout*, *burnout syndrome*, perawat, perawat unit khusus

ABSTRACT

RELATIONSHIP OF PERSONALITY STRESS AND ENVIRONMENTAL
STRESS WITH BURNOUT SYNDROME IN SPECIFIC UNIT NURSES IN
SURABAYA HAJI GENERAL HOSPITAL

Cross-sectional study at Surabaya Hajj General Hospital

By: Aris Sucipto

Introduction. Specific unit nurses are hospital staff who commonly burnout, the causes of burnout include personality stress and environmental stress. The purpose of this study was to determine the relationship between personality stress and environmental stress with burnout on specific nurse units. **Method.** This burnout study uses a cross-sectional approach. The total sample is 102 respondents. The sampling technique uses purposive sampling. The data analyzed using multiple linear regression analysis with a significance level of $p < 0.05$. **Results.** The results showed that personality stress sub variables that were significantly associated with burnout in the emergency room were agreeableness, hemodialysis room, namely agreeableness, intensive care unit, namely conscientiousness, and operation room, namely conscientiousness. Furthermore, the sub-variable environmental stress associated with burnout in the emergency room is the mental effort load, hemodialysis room, namely psychological stress load, intensive care unit, namely mental effort load and psychological stress load, and operation room, namely mental effort load and psychological stress load. **Discussion.** Personality stress has a relationship with burnout, the higher the personality stress, the higher the possibility of burnout experienced by nurses. Environmental stress has a relationship with burnout, the higher the environmental stress, the higher the possibility of burnout experienced by nurses.

Keywords: personality stress, environmental stress, burnout, burnout syndrome, nurses, special nurse units