

ABSTRAK

Burnout syndrome merupakan kondisi kelelahan psikis berupa mental dan emosi serta kelelahan fisik yang di akibatkan oleh stres berkepanjangan karena adanya tuntutan kerja yang tinggi. Perawat IGD berisiko mengalami *burnout* karena perawat IGD memiliki beban kerja berat dihadapkan dengan jumlah pasien yang tidak terduga dengan ancaman resiko kematian. Penelitian ini memiliki tujuan untuk mengetahui gambaran *burnout syndrome* pada perawat Instalasi Gawat Darurat di Fasilitas Pelayanan Kesehatan Kecamatan Pangandaran.

Penelitian ini menggunakan rancangan deskriptif kuantitatif dengan populasi penelitian perawat (N=42). Teknik *sampling* yang digunakan adalah *total sampling* dan diperoleh sample sebanyak 42 perawat dengan *respon rate* 100%. Data dikumpulkan menggunakan kuesioner *Maslach Burnout Inventory Human Service Survey (MBI-HSS)* yang terdiri dari 22 item pertanyaan. Hasil data kemudian dianalisis menggunakan analisis univariat dimana *burnout* dianalisis menggunakan LPA (*Latent Profil Analysis*), disajikan dalam bentuk persentase menggunakan *software* SPSS versi 26.

Hasil penelitian menunjukkan bahwa perawat IGD di Fasilitas Pelayanan Kesehatan Kecamatan Pangandaran (21,4%) mengalami *burnout*, (40,5%) tidak mengalami *burnout* (*Engaged*), (4,8%) mengalami *overextended* (tingginya kelelahan emosional), (2,4%) mengalami *disengaged* (tingginya depersonalisasi), (26,2%) mengalami *ineffective* (rendahnya pencapaian diri), dan (4,8%) mengalami kondisi dua dimensi yang tinggi (*emotional exhaustion* dan *reduced personal accomplishment*).

Simpulan dari penelitian ini yaitu adanya perawat IGD di Fasilitas Pelayanan Kesehatan Kecamatan Pangandaran yang mengalami *burnout*. Berdasarkan hasil penelitian, disarankan kepada pihak manajemen di Fasilitas Pelayanan Kesehatan Kecamatan Pangandaran untuk mengadakan penyesuaian beban kerja dan mengadakan pelatihan efikasi diri untuk meningkatkan keyakinan akan kemampuan serta pencapaian diri perawat.

Kata Kunci : *Burnout*, perawat, IGD

Kepustakaan : 105, 2011-2023

ABSTRAK

Burnout syndrome is a condition of psychological exhaustion in the form of mental and emotional as well as physical fatigue caused by prolonged stress due to high work demands. Emergency Department nurses are at risk of experiencing burnout because emergency Department nurses have a heavy workload with an unexpected number of patients with the threat of death. This study aims to determine the description of burnout syndrome in nurses in the Emergency Department in Pangandaran District Health Service Facility.

The research design used descriptive quantitative research with the research population of nurses (N=42). The sampling technique used total sampling and a sample of 42 nurses was obtained with a response rate of 100%. Data were collected using Maslach Burnout Inventory Human Service Survey (MBI-HSS) questionnaire that had 22 statement items. The results of the data were then analyzed using univariate analysis where burnout was analyzed using LPA (Latent Profile Analysis), presented as a percentage using SPSS version 26 software.

The results showed that the Emergency Department nurses at the Pangandaran District Health Service Facility (21.4%) experienced burnout, (40.5%) didn't experience burnout (Engaged), (4.8%) had overextended (high emotional exhaustion), (2.4%) had disengaged (high depersonalization), (26.2%) had ineffective (low personal accomplishment), and (4.8%) had two high dimensions (emotional exhaustion and reduced personal accomplishment).

This study concluded is that there are emergency room nurses at the Pangandaran District Health Service Facility who experience burnout. Based on the results of this study, it is suggested to the management at the Pangandaran District Health Service Facility to make workload adjustments and conduct self-efficacy training to increase confidence in the abilities and nurses's accomplishment.

Keywords : Burnout, ED, Nurse

References : 105, 2011-2023