

ABSTRAK

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Hubungan Lingkungan Kerja dengan Stres Perawat di Puskesmas Bandar Batang

xii + 6 bab + 54 halaman + 7 tabel + 2 gambar + 13 lampiran

Latar Belakang: Pusat Kesehatan Masyarakat (Puskesmas) merupakan insitusi kesehatan yang memberikan pelayanan kesehatan tingkat pertama. Puskesmas dalam menyelenggarakan pelayanan kesehatan didukung tenaga kesehatan perawat. Rasio ketersediaan perawat di Kabupaten Batang sebesar 1.308,24 orang atau masih jauh dari ketersediaan jumlah perawat sehingga berisiko pada beban kerja yang berlebih. Lingkungan kerja yang kurang baik akan menumbuhkan stres kerja perawat. Tujuan penelitian ini adalah mengetahui hubungan lingkungan kerja dengan stress kerja di Puskesmas Bandar Batang.

Metode: Desain penelitian menggunakan deskriptif korelasi dengan pendekatan *cross sectional*. Populasi penelitian adalah semua perawat di Puskesmas Bandar Batang sebanyak 30 orang. Sampel penelitian adalah semua perawat di Puskesmas Bandar Batang sebanyak 30 orang dengan *total sampling*. Instrumen penelitian adalah kuesioner lingkungan kerja yang diadopsi dari Martina (2025) dan kuesioner *Expended Nursing Stres Scale* (NSS). Analisa data menggunakan *Spearman rank*.

Hasil: Sebagian besar yaitu 19 orang (56,3%) perawat menyatakan bahwa lingkungan kerja rendah dan sebagian besar yaitu 19 orang (63,3%) perawat mengalami stress kerja sedang. Ada hubungan lingkungan kerja dengan stres kerja di Puskesmas Bandar Batang dengan nilai p: 0,025 dan rho sebesar -0,408.

Kesimpulan: Lingkungan kerja berhubungan dengan stres kerja perawat di Puskesmas Bandar Kabupaten Batang.

Kata kunci : Lingkungan Kerja, Stres Kerja, Perawat
Kepustakaan : 59 (2018-2025)

ABSTRACT

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The Correlation between Work Environment and Work Stress among Nurses at Bandar Batang Public Health Centre

xii + 6 chapters + 57 pages + 7 tables + 2 figures + 13 attachments

Background: Public Health Centres (Puskesmas) is health institution that provide primary health care services. Puskesmas are supported by nursing staff in providing health services. The ratio of nurses available in Batang Regency is 1,308.24 people, which is still far from the required number of nurses, resulting in risk of excessive workload. An unfavourable work environment can cause work stress among nurses. The purpose of this study was to determine the relationship between the work environment and work stress at the Bandar Batang Public Health Centre.

Methods: The research design used descriptive correlation with cross sectional approach. The study population consisted of all 30 nurses at the Bandar Public Health Centre, Batang Regency. The research sample were 30 nurses at the Bandar Public Health Centre by total sampling. The research instruments were work environment questionnaire adapted from Martina (2025) and the Expanded Nursing Stress Scale (NSS) questionnaire. Data analysis used Spearman's rank correlation

Results: Most of the nurses, 19 people (56,3%), stated that the work environment was poor, and most of the nurses, 19 people (63,3%), experienced moderate work stress. There was correlatioan between the work environment and work stress at Bandar Public Health Centre Batang Regency with p-value 0,025 and rho value - 0,408.

Conclusion: The work environment is related to work stress among nurses at Bandar Public Health Centre Batang Regency.

Keywords : Work Environment, Work Stress, Nurses
Literature : 59 (2018-2025)