

ABSTRAK

Lusita Nirmalasari

**HUBUNGAN BEBAN KERJA PERAWAT DENGAN STRES DAN *BURNOUT*
DI RSUD LIMPUNG**
xv + 65 Hal + 17 Tabel + 4 Gambar

Latar Belakang: Perawat berperan penting dalam memberikan asuhan keperawatan kepada pasien. Namun, tingginya beban kerja dapat memicu stres dan burnout yang berdampak pada kualitas pelayanan serta kesehatan perawat. Di RSUD Lempung, peningkatan jumlah pasien, tuntutan administrasi, dan distribusi tenaga yang belum optimal membuat beban kerja perawat semakin berat. Penelitian ini bertujuan mengetahui hubungan beban kerja dengan tingkat stres dan burnout pada perawat di RSUD Lempung.

Metode: Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan cross sectional. Populasi adalah 96 perawat di RSUD Lempung, dengan sampel 77 responden yang dipilih melalui purposive sampling. Instrumen penelitian berupa kuesioner beban kerja, Perceived Stress Scale (PSS), dan Maslach Burnout Inventory (MBI) yang telah teruji valid dan reliabel. Penelitian mendapat persetujuan etik dari Universitas Widya Husada Semarang (116/EC-LPPM/UWHS/VII-2025).

Hasil: Mayoritas perawat memiliki beban kerja sedang hingga tinggi. Uji statistik menunjukkan hubungan sangat signifikan antara beban kerja dengan stres ($p=0,000$; $r=0,855$) dan burnout ($p=0,000$; $r=0,903$), dengan korelasi positif sangat kuat, artinya semakin berat beban kerja semakin tinggi stres dan burnout.

Kesimpulan: Beban kerja tinggi berhubungan dengan peningkatan stres dan burnout pada perawat. Rumah sakit perlu mengevaluasi distribusi kerja, mengurangi beban administratif, serta memperkuat dukungan psikososial untuk menekan risiko tersebut...

Kata Kunci: beban kerja, stres, burnout, perawat

Daftar Pustaka: 43 (2019–2024)

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ABSTRACT

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THE RELATIONSHIP BETWEEN NURSES' WORKLOAD AND STRESS AND BURNOUT AT RSUD LIMPUNG

xv + 65 Pages + 17 Tables + 4 Figures

Background:

Nurses are healthcare professionals who play a crucial role in providing nursing care to patients. However, a high workload can trigger stress and burnout, impacting the quality of care and nurses' health. At Limpung Regional General Hospital (RSUD Limpung), the increasing number of patients, administrative demands, and suboptimal staff distribution have increased nurses' workload. This study aims to determine the relationship between workload and stress and burnout levels among nurses at RSUD Limpung.

Methods: This study used a quantitative descriptive design with a cross-sectional approach. The population was 96 nurses at RSUD Limpung, with a sample of 77 respondents selected through purposive sampling. The research instruments included a workload questionnaire, the Perceived Stress Scale (PSS), and the Maslach Burnout Inventory (MBI), all of which have been proven valid and reliable. The study received ethical approval from Widya Husada University Semarang (116/EC-LPPM/UWHS/VII-2025).

Results: The majority of nurses had moderate to high workloads. Statistical tests showed a highly significant relationship between workload and stress ($p=0.000$; $r=0.855$) and burnout ($p=0.000$; $r=0.903$), with a very strong positive correlation, meaning that the heavier the workload, the higher the stress and burnout.

Conclusion: High workload is associated with increased stress and burnout in nurses. Hospitals need to evaluate work distribution, reduce administrative burdens, and strengthen psychosocial support to reduce the risk.

Keywords: workload, stress, burnout, nurses

Bibliography: 43 (2019–2024)