

PROGRAM STUDI D-III KEPERAWATAN

INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU

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Hubungan *burnout* terhadap kinerja perawat di ruang edelweis RSUD Arifin Achmad Provinsi Riau melalui platform Indonesia jaya (pijay)

XI+36 halaman+6 tabel+10 lampiran

ABSTRAK

Burnout merupakan kondisi kelelahan fisik, emosional, dan mental akibat tekanan kerja berkepanjangan yang dapat berdampak pada penurunan kinerja tenaga kesehatan, khususnya perawat. Penelitian ini bertujuan untuk mengetahui hubungan burnout terhadap kinerja perawat di ruang Edelweis RSUD Arifin Achmad Provinsi Riau. Penelitian ini menggunakan metode kuantitatif dengan desain asosiatif kausal. Sampel penelitian berjumlah 32 perawat yang dipilih secara total sampling. Instrumen pengumpulan data menggunakan kuesioner burnout dan kinerja yang telah divalidasi. Hasil analisis univariat menunjukkan bahwa sebagian besar perawat mengalami burnout pada tingkat sedang (62,5%) dan kinerja perawat sebagian besar berada pada kategori tinggi (53,1%). Uji normalitas menunjukkan data berdistribusi normal, sehingga uji chi-square digunakan dalam analisis bivariat. Hasil uji menunjukkan nilai signifikansi (p-value) sebesar 0,005 ($<0,05$), yang mengindikasikan adanya hubungan signifikan antara burnout dan kinerja perawat. Semakin tinggi tingkat burnout, maka semakin rendah kinerja perawat. Penelitian ini merekomendasikan perlunya intervensi manajemen stres dan pengelolaan beban kerja untuk mencegah dampak burnout dan meningkatkan kinerja perawat.

Kata kunci: burnout, kinerja, perawat, ruang Edelweis, RSUD Arifin Achmad

Daftar bacaan: 26 referensi (2015-2025)

DIPLOMA III NURSING STUDY PROGRAM

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ABSTRACT

Burnout is a condition of physical, emotional, and mental exhaustion caused by prolonged work-related stress, which can lead to decreased performance among healthcare professionals, especially nurses. This study aims to examine the effect of burnout on the performance of nurses in the Edelweis Ward at Arifin Achmad Regional General Hospital, Riau Province. This research utilized a quantitative method with a causal associative design. The sample consisted of 32 nurses selected using total sampling. Data collection instruments included validated burnout and performance questionnaires. Univariate analysis showed that most nurses experienced a moderate level of burnout (62.5%), and the majority had high performance (53.1%). The normality test showed that the data were normally distributed, therefore the Chi-Square test was used in the bivariate analysis. The results showed a significance value (p-value) of 0.005 (<0.05), indicating a significant effect of burnout on nurse performance. The findings suggest that higher levels of burnout are associated with lower levels of performance. This study recommends implementing stress management and workload regulation strategies to prevent burnout and enhance the performance of nurses.

Keywords: burnout, performance, nurse, Edelweis ward, Arifin Achmad Hospital

References: 26 sources (2015–2025)