

## FAKTOR-FAKTOR YANG MEMPENGARUHI STRES KERJA PERAWAT ANESTESI DI RUANG OPERASI

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### ABSTRAK

**Latar Belakang :** Stres kerja yang timbul akibat pekerjaan yang diterimanya dapat berdampak terhadap kinerja seseorang. Stres kerja yang terjadi pada perawat anestesi salah satunya dapat berdampak dalam kelalaian kerja, misalnya kesalahan pemberian obat, kesalahan dosis obat. Kelalaian yang ditimbulkan dalam pekerjaan di kamar operasi dapat memberikan dampak yang serius terhadap pasien, sehingga akan timbul kejadian-kejadian yang tidak diinginkan (KTD), kejadian nyaris cidera (KNC), kejadian potensi cidera (KPC) maupun kejadian tidaak cidera (KTC). Hal-hal yang menyebabkan stres kerja adalah beban pekerjaan yang diterimanya, besaran gaji yang didapat, reward yang didapat dari kinerjanya, dan dorongan dari dalam diri sendiri maupun dari luar untuk meningkatkan kinerjanya.

**Tujuan Penelitian :** Mengetahui faktor-faktor yang mempengaruhi stres kerja perawat anestesi di ruang operasi.

**Metode Penelitian :** Penelitian ini menggunakan metode analitik observasional dengan desain *cross sectional*. Penelitian ini dilaksanakan pada bulan Februari – April 2019. Sampel penelitian ini adalah 32 responden dengan teknik *quota sampling*. Hasil penelitian menunjukkan adanya pengaruh beban kerja, reward, dan motivasi terhadap stres kerja dan tidak ada pengaruh masa kerja dan pendidikan terhadap stres kerja.

**Kesimpulan :** Ada pengaruh beban kerja, reward, dan motivasi terhadap stres kerja perawat anestesi di ruang operasi. Tidak ada pengaruh masa kerja dan pendidikan terhadap terhadap stres kerja perawat anestesi di ruang operasi.

**Kata Kunci :** stres kerja, faktor-faktor stres kerja, perawat anestesi.

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## FACTORS THAT EFFECT THE WORK STRESS OF ANESTHESI NURSES IN OPERATING ROOM

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### ABSTRACT

**Background :** Job stress arising from the work it receives can have an impact on one's performance. One of the work stresses that occur in anesthetist nurses can have an impact on work negligence, such as a medication error, a medication dosage error. Negligence caused in work in the operating room can have a serious impact on the patient, so that there will be unwanted events (KTD), near-injury events (KNC), potential injury events (KPC) and non-injury events (KTC). The things that cause work stress are the workload that they receive, the amount of salary earned, the rewards obtained from their performance, and the encouragement from within themselves and from outside to improve their performance.

**Purpose :** To find the factors that effect the stress of anesthetist nurse's work in the operating room.

**Methods :** This study used an observational analytic method with a cross sectional design. This research was conducted in February - April 2019. The sample of this study was 32 respondents with quota sampling technique. The results showed that there was an effect of workload, reward and motivation on work stress with. And there is no effect of work period and educational on work stress.

**Conclusion :** There is an effect of workload, reward, and motivation on the stress of anesthetist nurse work in the operating room. There was no effect on work period and education on the stress of anesthetist nurse's work in the operating room.

**Keywords :** work stress, work stress factors, anesthesia nurse.

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