

BEBAN KERJA PENATA ANESTESI TERHADAP KEBERADAAN MAHASISWA
PRAKTIKAN KEPERAWATAN ANESTESIOLOGI POLTEKKES KEMENKES
YOGYAKARTA DIKAMAR OPERASI

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ABSTRAK

Latar Belakang: Pelayanan anestesiologi di kamar operasi memiliki tuntutan kerja yang tinggi, baik secara fisik maupun mental. Keberadaan mahasiswa praktikan anestesiologi sebagai bagian dari pembelajaran klinik dapat mempengaruhi beban kerja penata anestesi, baik sebagai tenaga pendukung maupun sebagai tambahan tanggung jawab supervisi.

Tujuan: Diketahui perbedaan beban kerja penata anestesi antara kondisi ada dan tidak ada mahasiswa praktikan keperawatan anestesiologi Poltekkes Kemenkes Yogyakarta di kamar operasi.

Metode: Penelitian ini merupakan penelitian kuantitatif observasional analitik dengan desain *cross-sectional*. Sampel berjumlah 81 penata anestesi yang diambil menggunakan teknik *proportionate stratified random sampling*. Pengukuran beban kerja menggunakan kuesioner NASA-TLX pada kondisi ada dan tidak adanya mahasiswa praktikan. Analisis data dilakukan dengan uji normalitas *Shapiro-Wilk* dan uji *Wilcoxon Signed Rank Test*.

Hasil: Hasil uji *Shapiro-Wilk* menunjukkan data tidak berdistribusi normal ($p < 0,05$). Hasil uji *Wilcoxon* menunjukkan terdapat perbedaan yang signifikan antara beban kerja penata anestesi pada kondisi ada dan tidak adanya mahasiswa praktikan ($Z = -5,244$; $p = 0,000$). Berdasarkan hasil analisis, sebagian besar responden menunjukkan bahwa beban kerja lebih tinggi pada kondisi tanpa mahasiswa praktikan dibandingkan dengan saat terdapat mahasiswa praktikan.

Kesimpulan: Terdapat perbedaan beban kerja penata anestesi antara kondisi ada dan tidak ada mahasiswa praktikan anestesiologi Poltekkes Kemenkes Yogyakarta. Keberadaan mahasiswa praktikan cenderung meringankan beban kerja penata anestesi, baik dalam aspek fisik maupun mental.

Kata kunci: beban kerja, penata anestesi, mahasiswa praktikan, NASA-TLX, kamar operasi

**THE WORKLOAD OF NURSE ANESTHETISTS IN RELATION TO THE
PRESENCE OF ANESTHESIOLOGY NURSING STUDENT INTERNS FROM
POLTEKKES KEMENKES YOGYAKARTA IN THE OPERATING ROOM**

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ABSTRACT

Background: Anesthesiology services in the operating room involve high physical and mental workload. The presence of anesthesiology student practitioners as part of clinical learning may influence the workload of anesthesia technicians, either as supporting personnel or as an additional supervisory responsibility.

Objective: Differences in the workload of nurse anesthetists between conditions with and without anesthesiology nursing student practitioners from Health Polytechnic of the Ministry of Health Yogyakarta in the operating room.

Methods: This study used a quantitative observational analytic design with a cross-sectional approach. A total of 81 anesthesia technicians were selected using proportionate stratified random sampling. Workload was measured using the NASA-TLX questionnaire under two conditions: with and without student practitioners. Data analysis was conducted using the Shapiro-Wilk normality test and the Wilcoxon Signed Rank Test.

Results: The Shapiro-Wilk test indicated that the data were not normally distributed ($p < 0.05$). The Wilcoxon test showed a significant difference in workload between conditions with and without student practitioners ($Z = -5,244$; $p = 0.000$). The results indicated that the workload was generally higher in the absence of student practitioners compared to when student practitioners were present.

Conclusion: There is a difference in the workload of nurse anesthetists between conditions with and without anesthesiology student interns Health Polytechnic of the Ministry of Health Yogyakarta. The presence of student interns tends to reduce the workload of nurse anesthetists, both physically and mentally.

Keywords: workload, anesthesia technicians, student practitioners, NASA-TLX, operating room