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## HUBUNGAN STRES KERJA DENGAN KEJADIAN *BURNOUT* PADA PERAWAT

### ABSTRAK

**Pendahuluan :** Perawat di rumah sakit memiliki tugas pada pelayanan rawat inap, rawat jalan atau poliklinik dan pelayanan gawat darurat. Hal tersebut membuat perawat dihadapkan pada masalah ancaman kematian pasien disamping masalah administrasi, komplain pasien, jumlah pasien yang banyak, serta kurangnya jumlah SDM yang ada. Hal tersebut membuat perawat mengalami stres yang dikarenakan beban kerja yang tinggi dan belum lagi jika mendapatkan masalah kurangnya dukungan dari manajemen yang ada. **Tujuan :** Untuk mengetahui hubungan stres kerja dengan kejadian *burnout* pada perawat. **Metode :** *Literature review* dilakukan berdasarkan *issue*, metodologi, persamaan, dan proposal penelitian lanjutan. Dari 10 penelitian yang digunakan 2 diantaranya menggunakan metode penelitian deskriptif analitik, kuantitatif, kuantitatif non eksperimental, uji kendal, skala likert, deskripsi korelasi, deskripsi observasional, observasional dan korelasi spearman. **Hasil :** berdasarkan 10 penelitian, didapatkan bahwa adanya hubungan antara stres kerja dengan kejadian *burnout* pada perawat. **Diskusi :** stres yang terjadi pada perawat merupakan masalah yang harus dikaji dan dicarikan jalan keluar sehingga kinerja perawat tetap baik dan bermutu.

Kata Kunci: perawat, stress kerja, *burnout*

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***RELATIONSHIP OF WORK STRESS WITH EVENTS OF BURNOUTS OF NURSES***

***ABSTRACT***

*Introduction: Nurses in hospitals have duties on inpatient, outpatient or polyclinic services and emergency services. This makes nurses faced with the problem of patient death threats in addition to administrative problems, patient complaints, a large number of patients, and a lack of human resources. This makes nurses experience stress due to high workloads and not to mention if they have problems with a lack of support from existing management. Objective: To determine the relationship between job stress and burnout in nurses. Methods: Literature reviews are conducted based on issues, methodologies, equations, and further research proposals. Of the 10 studies used 2 of them using descriptive analytical research methods, quantitative, quantitative non-experimental, control test, Likert scale, correlation description, observational description, observational and Spearman correlation. Results: based on 10 studies, it was found that there was a relationship between job stress and burnout in nurses. Discussion: stress that occurs in nurses is a problem that must be studied and found a way out so that the nurse's performance remains good and quality.*

*Keywords: nurses, work stress, burnout*