

HUBUNGAN DUKUNGAN KELUARGA DENGAN *BURNOUT* PADA PERAWAT DI RUANG RAWAT INAP RSUD WELAS ASIH PROVINSI JAWA BARAT

Ardea Alma Nadira
211FK03001

Program Studi Sarjana Keperawatan, Fakultas Keperawatan
Universitas Bhakti Kencana Bandung

ABSTRAK

Burnout merupakan kondisi kelelahan fisik, emosional, dan mental yang sering dialami perawat akibat tekanan kerja tinggi dan berulang. Perawat dituntut untuk tetap sigap dan empatik meski bekerja dalam sistem shift, menghadapi pasien kritis, dan menjalani beban kerja yang tidak ringan. Ketika beban tersebut tidak diimbangi dengan dukungan emosional dari lingkungan terdekat, khususnya keluarga, perawat menjadi lebih rentan mengalami stres berkepanjangan. Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan keluarga dan *burnout* pada perawat pelaksana di ruang rawat inap RSUD Welas Asih Provinsi Jawa Barat. Penelitian menggunakan metode kuantitatif dengan desain korelasional dan pendekatan *cross-sectional*. Populasi berjumlah 205 perawat, dengan sampel sebanyak 68 orang yang dipilih melalui teknik *Proportionate Stratified Random Sampling*. Instrumen penelitian menggunakan kuesioner dukungan keluarga dan *Maslach Burnout Inventory–Human Services Survey* (MBI-HSS), dengan analisis data menggunakan uji Spearman Rank. Hasil univariat menunjukkan bahwa sebagian besar perawat (52,9%) memiliki dukungan keluarga rendah, dan mayoritas perawat (50%) mengalami *burnout* pada tingkat berat. Hasil uji bivariat menunjukkan terdapat hubungan negatif sedang antara dukungan keluarga dan *burnout* ($\rho = -0,574$) yang signifikan secara statistik ($p = 0,000$), artinya semakin tinggi dukungan keluarga, semakin rendah tingkat *burnout*. Oleh karena itu, keluarga disarankan untuk lebih aktif memberikan dukungan emosional melalui komunikasi terbuka dan pemahaman terhadap beban kerja perawat, serta rumah sakit diharapkan menciptakan lingkungan kerja yang suportif untuk menurunkan risiko *burnout* dan menjaga kesejahteraan tenaga kesehatan.

Kata Kunci : *Burnout*, Dukungan Keluarga, Perawat

**THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND
BURNOUT AMONG INPATIENT NURSES AT WELAS ASIH
REGIONAL GENERAL HOSPITAL
WEST JAVA PROVINCE**

Ardea Alma Nadira
211FK03001

Departement of Nursing, Faculty of Nursing
Universitas Bhakti Kencana

ABSTRACT

Burnout is a condition of physical, emotional, and mental exhaustion that is often experienced by nurses due to high and repetitive work pressure. Nurses are required to remain alert and empathetic despite working in a shift system, dealing with critical patients, and handling a considerable workload. When these demands are not balanced with emotional support from their closest environment, especially the family, nurses become more vulnerable to prolonged stress. This study aims to determine the relationship between family support and burnout among staff nurses in the inpatient wards of RSUD Welas Asih, West Java Province. The research used a quantitative method with a correlational design and a cross-sectional approach. The population consisted of 205 nurses, with a sample of 68 nurses selected using the Proportionate Stratified Random Sampling technique. The research instruments were a family support questionnaire and the Maslach Burnout Inventory–Human Services Survey (MBI-HSS), with data analyzed using the Spearman Rank test. The univariate results showed that most nurses (52.9%) had low family support, and the majority (50%) experienced severe burnout. The bivariate test results indicated a moderate negative relationship between family support and burnout ($\rho = -0.574$), which was statistically significant ($p = 0.000$), meaning that the higher the family support, the lower the level of burnout. Therefore, families are advised to be more proactive in providing emotional support through open communication and understanding of nurses' workloads, and hospitals are expected to create a supportive work environment to reduce the risk of burnout and maintain the well-being of healthcare workers.

Keywords: Burnout, Family Support, Nurses.