

ABSTRAK

Perawat merupakan ujung tombak rumah sakit, yang memiliki peranan penting terutama pada pelayanan unit gawat darurat, berbagai tuntutan kerja pada perawat menjadi sumber potensial rentan terjadinya stres kerja pada perawat IGD. Salah satu faktor yang dapat menyebabkan stres kerja yaitu beban kerja, dimana beban kerja yang berlebih yang dialami perawat dapat menyebabkan stres kerja perawat. Tujuan penelitian ini untuk mengetahui hubungan beban kerja dengan tingkat stres perawat di instalasi gawat darurat melalui studi *literature review*.

Metode penelitian ini menggunakan *literature review*, data diperoleh dari *google scholar* dan Pubmed. Populasi sebanyak 1.117 jurnal, sampel sebanyak 7 jurnal pencarian sampel dilakukan berdasarkan kriteria inklusi dan eksklusi serta sesuai dengan uji kelayakan menggunakan JBI *cross sectional*. Pencarian *literature* dengan menggunakan *Boolean* dengan *keyword* bahasa Indonesia “beban kerja”, “stres kerja”, “perawat IGD”, dan bahasa Inggris “*workload*” “*emergency department installation*”, “*work stres*”. penyajian data berupa Prisma Flow.

Hasil penelitian menunjukkan bahwa beban kerja perawat di IGD sebagian besar dialami oleh perawat baik berdasarkan tindakan produktif, dan non produktif atau beban kerja berdasarkan beban kuantitatif dan kualitatif, sedangkan tingkat stres yang dialami terbagi menjadi perawat stres biologis perawat, stres kerja sosial dan stres kerja psikologis Hasil penelitian berdasarkan literatu review dari seluruh jurnal yang diteliti diperoleh hasil menunjukkan seluruh jurnal menyatakan bahwa adanya hubungan yang signifikan antara beban kerja dengan stres kerja perawat di instalansi gawat darurat (IGD).

Diharapkan agar perawat sudah mempersiapkan diri dengan pengetahuan, kemampuan, dan keterampilan yang baik ketika akan terjun langsung memberi asuhan keperawatan di rumah sakit khususnya di ruang IGD, agar dengan kemampuan dan keahlian yang dimiliki perawat bisa menimalisir beban kerja dan tingkat stres kerja.

Kata Kunci : Beban kerja, IGD, ICU, Perawat, Stres Kerja
Kepustakaan : 12 buku (2014-2019)
14 jurnal (2014-2020)
3 website (2018)

ABSTRACT

Nurses are the spearhead of hospitals, which have an important role especially in the emergency department services, various demands of work on nurses become a potential source of work stress in IGD nurses. One of the factors that can cause work stress is workload, where the excessive workload experienced by nurses can cause stress of nurse work. The purpose of this study was to determine the relationship of workload with the stress levels of nurses in emergency installations through literature review studies..

This research method uses literature review, data obtained from google scholar and Pubmed. TThis research method uses literature review, data obtained from google scholar and Pubmed. Population of 1,117 journals, samples as many as 7 journals searched for samples were conducted based on inclusion and exclusion criteria and in accordance with due diligence using cross sectional JBI. Literature search using Boolean with Indonesian keywords "workload", "work stres", "IGD nurse", and English "workload" " emergency department installation ", "work stres". presentation of data in the form of Prisma Flow.

The results showed that the workload of nurses in IGD is mostly experienced by nurses both based on productive actions, and non-productive or workload based on quantitative and qualitative burdens, while the level of stres experienced is divided into nurses biological stres nurses, social work stres and psychological work stres The results of the study based on a review of all journals studied obtained results showed that the existence of hubu between workload and the stres of the work of nurses in the emergency installation (IGD).

It is expected that nurses have prepared themselves with good knowledge, abilities, and skills when going directly to provide nursing care in hospitals, especially in the IGD room, so that with the skills and skills that nurses have can minimize workload and work stress levels

Keywords : *Workload, IGD, ICU, Nurses, Work Stress,*
Libraries : *12 book (2014-2019)*
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