

**GAMBARAN KEJADIAN STRESS KERJA PENATA ANESTESI
DALAM MELAKSANAKAN PELAYANAN ANESTESI
DI WILAYAH JAWA BARAT**

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ABSTRAK

Stres kerja dapat terjadi pada tenaga kesehatan salah satunya adalah penata anestesi yang bekerja di ruang operasi. Tujuan dalam penelitian ini adalah untuk mengetahui kejadian stress kerja yang dialami penata anestesi di Jawa Barat. Metode penelitian yang dilakukan adalah penelitian deskriptif kuantitatif dengan pendekatan deskriptif analitik. Populasi dalam penelitian ini adalah penata anestesi di wilayah Jawa Barat yang tergabung dalam DPD IPAI JABAR yang berjumlah 765 orang. Sampel penelitian menggunakan *purposive sampling* yang berjumlah 88 orang. Penelitian ini menggunakan teknik *stratified random sampling*. Instrumen penelitian menggunakan kuisisioner MBI yang dibuat dalam bentuk *google form* yang dikirim melalui admin DPD IPAI Jawa Barat. Analisa data menggunakan analisa univariat dengan distribusi frekuensi. Hasil penelitian ini menunjukkan bahwa pada kategori pola kerja sebagian besar dari responden mengalami stress sedang sebanyak 60 orang (68,2%), pada kategori stress yang berhubungan dengan pekerjaan hampir seluruh dari responden mengalami stress sedang sebanyak 68 orang (77,3%), pada kategori stress kerja mengenai kebutuhan dan kemauan berpartisipasi dalam program yang berhubungan dengan stress hampir seluruh responden mengalami stress sedang sebanyak 73 orang (83%) dan secara keseluruhan hampir seluruh dari responden mengalami stress sedang sebanyak 76 orang (86,4%). Saran dari peneliti agar organisasi profesi IPAI membuat kebijakan dan program terkait manajemen stress yang lebih terstruktur.

Kata Kunci : Pelayanan Anestesi, Penata Anestesi, MBI, Stress Kerja

**THE INCIDENCE OF WORK STRESS OF NURSE ANESTHETIST IN
CARRYING OUT ANESTHESIA SERVICE
IN THE WEST JAVA REGION**

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ABSTRACT

Work stress can occur in health workers, one of which is an nurse anesthetist who works in the operating room. The purpose of this study was to determine the incidence of occupational stress experienced by nurse anesthetit in West Java. The research method used was descriptive quantitative research with a descriptive analytic approach. The population in this study were nurse anesthetist in the West Java region who were members of DPD IPAI JABAR, totaling 765 people. The research sample used purposive sampling which amounted to 88 people. This study used stratified random sampling technique. The research instrument used an MBI questionnaire made in the form of a google form sent through the admin of DPD IPAI West Java. Data analysis using univariate analysis with frequency distribution. The results of this study indicate that in the category of work patterns most of the respondents experienced moderate stress as many as 60 people (68.2%), in the category of work-related stress almost all of the respondents experienced moderate stress as many as 68 people (77.3%), in the category of work stress regarding the need and willingness to participate in programs related to stress almost all respondents experienced moderate stress as many as 73 people (83%) and overall almost all of the respondents experienced moderate stress as many as 76 people (86.4%). Suggestions from researchers that IPAI professional organizations make policies and programs related to stress management that are more structured.

Keywords: Anesthesia Services, MBI, Nurse Anesthetist, Work Stress