

**HUBUNGAN ANTARA RESILIENSI DENGAN STRES KERJA KEPADA
PERAWAT PELAKSANA DI RUANG ANGGREK DAN KENANGA
RUMAH SAKIT UMUM DAERAH UMAR WIRAHADIKUSUMAH
SUMEDANG**

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ABSTRAK

Perawat pelaksana di ruang rawat inap memiliki beban kerja yang tinggi dan tuntutan emosional yang berat, sehingga rentan mengalami stres kerja. Informasi didapatkan bahwa terdapat perawat pelaksana mengalami gejala stres berupa otot kaku, peningkatan denyut nadi, serta gejala psikis seperti cemas dan merasa tidak percaya diri. Sebagian perawat pelaksana lain merasa kesulitan menjalin hubungan sosial, tidak tahu tempat meminta bantuan, serta merasa masalah tidak membuat mereka lebih kuat. Penelitian ini bertujuan untuk mengetahui hubungan antara resiliensi dengan stres kerja pada perawat pelaksana di Ruang Anggrek dan Kenanga RSUD Umar Wirahadikusumah Sumedang. Desain penelitian ini menggunakan pendekatan kuantitatif dengan metode cross-sectional dengan teknik total *sampling* dan melibatkan 42 perawat pelaksana. Instrumen penelitian menggunakan CD-RISC nilai Cronbach alpha 0.87 dan kuesioner stres kerja 0.760. Hasil menunjukkan bahwa sebagian besar perawat memiliki resiliensi tinggi (54,8%) dan stres kerja sedang (69,0%). Hasil menunjukkan terdapat hubungan positif yang signifikan ($p = 0,008$) antara resiliensi dan stres kerja. Meskipun resiliensi tinggi, perawat tetap dapat mengalami stres kerja, sehingga diperlukan intervensi organisasi melalui pelatihan manajemen stres dan peningkatan dukungan sosial di tempat kerja.

Kata Kunci : Perawat Pelaksana, Resiliensi, Rumah Sakit, Stres Kerja

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**THE RELATIONSHIP BETWEEN RESILIENCE AND WORK AMONG
STAFF NURSES IN THE ANGGREK AND KENANGA WARDS OF UMAR
WIRAHADIKUSUMAH REGIONAL HOSPITAL SUMEDANG**

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ABSTRACT

Nurse practitioners in inpatient wards face high workloads and heavy emotional demands, making them vulnerable to work-related stress. Information obtained indicated that some nurse practitioners experienced stress symptoms such as muscle tension, increased heart rate, as well as psychological symptoms including anxiety and low self-confidence. Other nurse practitioners reported difficulties in establishing social relationships, uncertainty about where to seek help, and a perception that problems did not make them stronger. This study aimed to determine the relationship between resilience and work stress among nurse practitioners in the Anggrek and Kenanga Wards of Umar Wirahadikusumah Regional Hospital, Sumedang. The study employed a quantitative approach with a cross-sectional design, using a total sampling technique and involving 42 nurse practitioners. The research instruments consisted of the CD-RISC with a Cronbach's alpha value of 0.87 and a work stress questionnaire with a Cronbach's alpha value of 0.760. The results showed that most nurses had high resilience (54.8%) and moderate work stress (69.0%). Furthermore, there was a significant positive relationship ($p = 0.008$) between resilience and work stress. Despite having high resilience, nurses may still experience work-related stress; therefore, organizational interventions such as stress management training and enhancing social support in the workplace are necessary..

Keywords: Hospital, Resilience, Staff Nurses, Work Stress

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