

# KELELAHAN KERJA DAN STRATEGI COPING PADA PERAWAT YANG BEKERJA LEMBUR DI RSUD MUHAMMADIYAH YOGYAKARTA

ALMUJI FENDI -- E2A301028  
(2006 - Skripsi)

Kelelahan kerja bisa terjadi pada setiap tenaga kerja diantaranya perawat. Salah satu faktor timbulnya kelelahan kerja karena bekerja melebihi ketetapan yang berlaku. Kelelahan kerja akan mempengaruhi produktivitas kerja dan bila berlangsung lama akan menjadi kelelahan kronis yang merugikan kesehatan tenaga kerja. Perawat merupakan ujung tombak pelayanan rumah sakit. Bila bekerja lembur akan timbul kelelahan kerja karena itu perawat berusaha mengatasi kondisinya. Usaha seseorang menghadapi masalahnya dan mengatasinya merupakan proses yang disebut *Strategy Coping*. Tujuan penelitian untuk mengetahui hubungan kelelahan dengan *Strategy Coping* pada perawat yang bekerja lembur di RSUD Muhammadiyah Yogyakarta. Jenis penelitian ini adalah *explanatory research* dengan pendekatan *cross sectional study*. Sampel yang diambil 30 responden yang bekerja lembur lebih dari 3 jam dalam satu hari kerja. Pengumpulan data primer dari hasil pengukuran waktu reaksi cahaya menggunakan *reaktion timer*, kuesioner alat ukur kelelahan kerja (KAUK 2) dan kuesioner *Strategy Coping* pada perawat yang bekerja lembur. Analisa data menggunakan uji korelasi *rank spearman*, diolah di komputer SPSS 10.0 Hubungan kelelahan kerja dan *Strategy Coping* pada *problem focused coping* menunjuk p value= 0,059. Hubungan kelelahan kerja dan *Strategy Coping* pada *Emotional Focused Coping* menunjukkan p value= 0,078. Karena p value>0,05, maka Ho diterima, Ha ditolak. Sehingga pada penelitian ini tidak ada hubungan kelelahan kerja dan *Strategy Coping* pada perawat yang bekerja lembur di RSUD Muhammadiyah Yogyakarta.

**Kata Kunci:** Kelelahan kerja, perawat, hubungan

## WORK EXHAUST AND COPING STRATEGY IN NURSE WHO WORK OVER TIME AT GENERAL HOSPITAL MUHAMMADIYAH OF YOGYAKARTA

*Work exhaust can happen in every worker including nurse. One factor in presence of work exhaust is due to work heavily as given adjustment. Work chronic exhaust that harm worker's health.*

*Nurse is tip of arrow for service at hospital. If he or she works over time, it will rise work exhaust, because nurse try to resolve his/her condition. One's effort resolves the problem and the process to handle it is called Coping Strategy. Objective of this research was to know relationship between exhausting and Coping Strategy in nurse who work over time at General Hospital Muhammadiyah of Yogyakarta. Kind of this research was explanatory research with cross sectional study approach. Sample was taken 30 respondent who worked over time more than 3 (three) hours in one day. Collecting primary data resulted from time measurement in light reaction using reaction timer. Questionnaire of measure for work exhaust used KAUK2 and Coping Strategy in nurse who worked over time. Data analysis used correlation test of Spearman with program SPSS version 10.0. Relationship between work exhaust and Coping Strategy in problem-focused coping showed that p-value was 0.059. Relationship between work exhaust and Coping Strategy in Emotional-focused Coping showed that p-value was 0.078. Therefore, there was relationship between work exhaust and Coping Strategy in nurse who worked over time at General Hospital Muhammadiyah of Yogyakarta*

*Keyword: Strategy Coping, work exhaust, nurse, Coping Strategy, relationship*