

ABSTRACT

MOHAMAD ARIYANTO TUNA Nurses' Work Stress Management at Dr.M.M Dunda Limboto Regional Hospital. Supervised by ABD. KADIM MASAONG as chairman and SABIRIN B. SYUKUR as member.

Work-related stress is a response that a person may have when faced with work demands and pressures that are not in accordance with their knowledge and ability to handle them. The aim of this research is to find out how nurses' work stress is managed at Dr.M.M Dunda Limboto Regional Hospital. This research method is quantitative research with a descriptive analysis research design. Data collection was carried out using a questionnaire sheet with a population of 73 respondents. The number of respondents was taken using purposive sampling technique. The data obtained statistically uses a frequency distribution. The results of nurses' work stress management using an individual approach were in the sufficient category, 60.3%, the organizational approach in the adequate category was 57.5% and the social approach was in the sufficient category, 50.7%. It is recommended that this research can add references to health services on how to manage stress among nurses.

Keywords: *Stress Management, Work, Nurse.*



ABSTRAK

MOHAMAD ARIYANTO TUNA Manajemen Stres Kerja Perawat di RSUD dr.M.M Dunda Limboto. Dibimbing oleh ABD. KADIM MASAONG sebagai ketua dan SABIRIN B. SYUKUR Anggota.

Stress pekerjaan atau terkait pekerjaan ialah suatu respon yang mungkin dimiliki seorang ketika dihadapkan pada tuntutan dan tekanan kerja yang tidak sesuai dengan pengetahuan dan kemampuan mereka untuk dapat menanganinya. Tujuan Penelitian ini untuk mengetahui bagaimana manajemen stress kerja perawat di RSUD dr.M.M Dunda Limboto. Metode penelitian ini merupakan penelitian kuantitatif dengan desain penelitian analisis deskriptif. Pengumpulan data dilakukan menggunakan lembar kuisisioner dengan populasi sebanyak 73 responden. Jumlah responden diambil dengan menggunakan teknik purposive sampling. Data yang diperoleh diolah secara statistik menggunakan distribusi frekuensi. Hasil manajemen stress kerja perawat dengan pendekatan individual dengan kategori cukup 60.3%, pendekatan organisasional kategori cukup 57.5% dan pendekatan sosial kategori cukup 50.7%. Disarankan penelitian ini diharapkan dapat menambah referensi pelayanan kesehatan tentang bagaimana manajemen stress pada perawat.

Kata Kunci: *Manajemen Stres, Kerja, Perawat.*