

**HUBUNGAN *NURSING WORK STRESS* DENGAN
KUALITAS TIDUR PERAWAT YANG MERAWAT
PASIEN TERDIAGNOSIS COVID-19
DI RUMAH SAKIT X
DENPASAR**



SKRIPSI

**Oleh:
Ni Made Sugestini**

**PROGRAM STUDI S1 KEPERAWATAN
SEKOLAH TINGGI ILMU KESEHATAN
BINA USADA BALI
2022**

**HUBUNGAN *NURSING WORK STRESS* DENGAN
KUALITAS TIDUR PERAWAT YANG MERAWAT
PASIEN TERDIAGNOSIS COVID-19
DI RUMAH SAKIT X
DENPASAR**

SKRIPSI

**Sebagai Salah Satu Syarat Untuk Memperoleh Gelar Sarjana Keperawatan
pada Sekolah Tinggi Ilmu Kesehatan Bina Usada Bali**

Oleh:

**Ni Made Sugestini
NIM. C2120058**

**PROGRAM STUDI S1 KEPERAWATAN
SEKOLAH TINGGI ILMU KESEHATAN
BINA USADA BALI
2022**

HALAMAN PERSETUJUAN

**HUBUNGAN *NURSING WORK STRESS* DENGAN KUALITAS TIDUR
PERAWAT YANG MERAWAT PASIEN TERDIAGNOSIS
COVID-19 DI RUMAH SAKIT X
DENPASAR**

Diajukan Oleh:

**NI MADE SUGESTINI
NIM. C2120058**

Badung, 18 Januari 2022

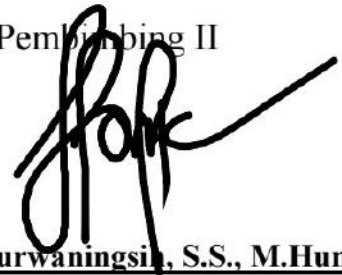
Telah Disetujui oleh Dosen Pembimbing

Pembimbing I



Ns. Ni Made Ari Sukmandari, S.Kep., M.Kes.
NIDN: 0812108702

Pembimbing II



Ni Komang Purwaningsih, S.S., M.Hum.
NIDN: 0814108901

Mengetahui
Program S1 Keperawatan
Ketua



Ns. I Putu Artha Wijaya, S.Kep., M.Kep.
NIDN : 0821058603

HALAMAN PENGESAHAN

SKRIPSI INI TELAH DIPERTAHANKAN DAN DISAHKAN DI DEPAN
DEWAN PENGUJI PROGRAM STUDI SI KEPERAWATAN
SEKOLAH TINGGI ILMU KESEHATAN
BINA USADA BALI
Tanggal: 24 Januari 2022

Yang terdiri dari:
Ketua Penguji



Ns. IGAA Sherlyna Prhandhani, S.Kep., M.Kes.
NIDN : 0801038801

Sekretaris Penguji



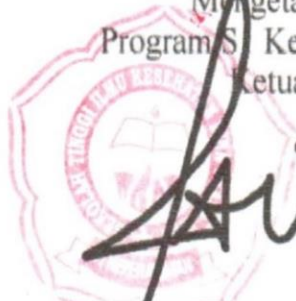
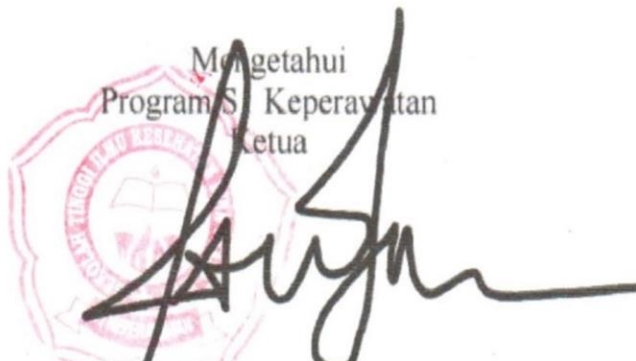
Ns. Ni Made Ari Sukmandari, S.Kep., M.Kes.
NIDN: 0812108702

Anggota Penguji



Ni Komang Purwaningsih, S.S., M.Hum.
NIDN: 0814108901

Mengetahui
Program Studi Keperawatan
Ketua



Ns. I Putu Artha Wijaya, S.Kep., M.Kep.
NIDN : 0821058603

SURAT PERNYATAAN KEASLIAN PENELITIAN

Saya yang bertanda tangan di bawah ini:

Nama : Ni Made Sugestini

NIM : C2120058

Jurusan : S1 Keperawatan

Judul skripsi : Hubungan *Nursing Work Stress* dengan Kualitas Tidur Perawat yang Merawat Pasien Terdiagnosis Covid-19 di Rumah Sakit X Denpasar

Menyatakan dengan sebenarnya bahwa Tugas Akhir yang saya tulis benar-benar hasil karya saya sendiri, bukan untuk pengambil alihan tulisan atau pikiran orang lain yang saya akui sebagai tulisan atau pikiran saya sendiri. Apabila dikemudian hari dapat dibuktikan bahwa Tugas Akhir ini adalah hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.



**SEKOLAH TINGGI ILMU KEPERAWATAN
BINA USADA BALI PROGRAM STUDI SARJANA KEPERAWATAN**

Skripsi, Januari 2022

Ni Made Sugestini

Hubungan *Nursing Work Stress* dengan Kualitas Tidur Perawat yang Merawat Pasien Terdiagnosis Covid-19 di Rumah Sakit X Denpasar

xiv + 54 + 2 gambar + 8 tabel + 10 lampiran

ABSTRAK

Pandemi Covid-19 yang dihadapi perawat sebagai garda terdepan merupakan kondisi yang mengancam kesehatan, kesejahteraan serta kemampuan perawat dalam melaksanakan tugas perawatan. Selama periode krisis ini, perawat memiliki potensi mengalami peningkatan stres kerja akibat kombinasi dari beban fisik dan emosional.

Penelitian ini bertujuan untuk mengidentifikasi hubungan *nursing work stress* dengan kualitas tidur perawat yang merawat pasien terdiagnosis Covid-19 di Rumah Sakit X Denpasar. Studi kuantitatif dengan metode *cross sectional* melibatkan 54 perawat. Pengumpulan data dilakukan menggunakan kuesioner yang diisi oleh perawat terkait stres dan kualitas tidur.

Penelitian menemukan ada hubungan *nursing work stress* dengan kualitas tidur perawat yang merawat pasien terdiagnosis Covid-19 di Rumah Sakit X Denpasar. Diharapkan perawat perlu meningkatkan pengetahuan dan praktik dalam mengontrol stres sehingga kualitas tidur terjaga dan pelayanan keperawatan tetap berjalan baik.

Kata Kunci: *nursing work stress*, kualitas tidur, Covid-19

Daftar Pustaka: 66 (2012-2021)

**HEALTH INSTITUTION OF BINA USADA BALI
BACHELOR DEGREE OF NURSING PROGRAM**

Undergraduate Thesis, January 2022

Ni Made Sugestini

The Correlation between Nursing Work Stress and Sleep Quality of Nurses who Caring for Patients Diagnosed with Covid-19 at X Denpasar Hospital

xiv + 54 + 2 pictures + 8 tables + 10 appendixes

ABSTRACT

The Covid-19 pandemic faced by nurses as the frontline is a condition that threatens the health, welfare and ability of nurses to carry out nursing duties. During this crisis period, nurses have the potential to experience increased work stress due to a combination of physical and emotional burdens.

This study aimed to identify the correlation between nursing work stress and sleep quality of nurses who caring for patients diagnosed with Covid-19 at X Denpasar Hospital. Quantitative study with cross sectional method involved 54 nurses. Data was collected using a questionnaire filled out by nurses related to stress and sleep quality.

The study found that there was a correlation between nursing work stress and sleep quality of nurses who caring for patients diagnosed with Covid-19 at X Denpasar Hospital. It is expected that nurses need to improve knowledge and practice in controlling stress in order to maintain sleep quality and nursing services continue to run well.

Keywords: nursing work stress, sleep quality, Covid-19

Bibliography: 66 (2012-2021)

KATA PENGANTAR

Puji syukur peneliti panjatkan kehadapan Tuhan Yang Maha Esa atas segala anugrahNya sehingga peneliti dapat menyelesaikan skripsi ini dengan judul “Hubungan *Nursing Work Stress* dengan Kualitas Tidur Perawat yang Merawat Pasien Terdiagnosis Covid-19 di Rumah Sakit X Denpasar.” Skripsi ini merupakan salah satu syarat untuk memperoleh gelar Sarjana Keperawatan pada Program Studi S1 Keperawatan STIKES Bina Usaha Bali.

Penyusunan skripsi ini telah mendapatkan bimbingan dan dukungan dari berbagai pihak. Bersama ini peneliti mengucapkan terima kasih kepada:

1. Dr. Ir. I Putu Santika, MM selaku Ketua STIKES Bina Usaha Bali yang telah memberikan kesempatan dan memfasilitasi peneliti untuk menempuh pendidikan di STIKES Bina Usaha Bali
2. Ns. I Putu Artha Wijaya, S.Kep., M.Kep. selaku Kaprodi S1 Keperawatan STIKES Bina Usaha Bali yang telah memberikan kesempatan dan fasilitas dalam menyelesaikan skripsi ini
3. Ns. Ni Made Ari Sukmandari, S.Kep., M.Kes. selaku pembimbing utama yang telah dengan sabar membimbing dan memberikan semangat
4. Ni Komang Purwaningsih, S.S., M.Hum. selaku pembimbing pendamping yang telah memberikan saran dan perhatian
5. Direktur Rumah Sakit X Denpasar yang telah memberi ijin dan memfasilitasi peneliti
6. Seluruh staf dan sejawat perawat Rumah Sakit X Denpasar atas dukungan dan semangat

7. Keluarga yang telah memberikan dukungan, perhatian dan mendoakan peneliti selama proses penyusunan skripsi ini
8. Rekan-rekan sejawat mahasiswa S1 Keperawatan STIKES Bina Usada Bali yang telah bersedia memberi saran dan semangat

Semoga kebaikan yang diberikan kepada saya mendapatkan balasan terbaik dari Tuhan Yang Maha Esa. Saya menyadari bahwa skripsi ini masih jauh dari sempurna, oleh karena itu segenap saran sangat peneliti butuhkan untuk perbaikan.

Badung, 18 Januari 2022

Ni Made Sugestini

DAFTAR ISI

Halaman

HALAMAN JUDUL	ii
HALAMAN PERSETUJUAN	iii
HALAMAN PENGESAHAN.....	iv
SURAT PERNYATAAN KEASLIAN PENELITIAN	v
ABSTRAK	vi
ABSTRACT	vii
KATA PENGANTAR.....	viii
DAFTAR ISI.....	x
DAFTAR GAMBAR.....	xiv
DAFTAR TABEL	xv
DAFTAR LAMPIRAN	xvi
BAB I : PENDAHULUAN	
A. Latar Belakang	Error! Bookmark not defined.
B. Rumusan Masalah	Error! Bookmark not defined.
C. Tujuan Penelitian	Error! Bookmark not defined.
D. Manfaat Penelitian	Error! Bookmark not defined.
E. Keaslian Penelitian.....	Error! Bookmark not defined.
BAB II : TINJAUAN PUSTAKA	
A. Perbedaan Kondisi Perawatan di Rumah Sakit antara Sebelum dan Selama Pandemi	Error! Bookmark not defined.
B. Konsep <i>Nursing Work Stress</i>	Error! Bookmark not defined.

1. Definisi *Nursing Work Stress***Error! Bookmark not defined.**
 2. Prinsip Penyebab *Nursing Work Stress***Error! Bookmark not defined.**
 3. Gejala Stres pada Perawat.....**Error! Bookmark not defined.**
 4. Dampak *Nursing Work Stress*..... **Error! Bookmark not defined.**
 5. Cara Menghadapi *Nursing Work Stress*.....**Error! Bookmark not defined.**
 6. *Nursing Work Stress* pada Era Pandemi Covid-19 **Error! Bookmark not defined.**
 7. Alat Ukur *Nursing Work Stress* **Error! Bookmark not defined.**
- C. Konsep Kualitas Tidur**Error! Bookmark not defined.**
1. Definisi Kualitas Tidur**Error! Bookmark not defined.**
 2. Faktor yang Memengaruhi Kualitas Tidur.**Error! Bookmark not defined.**
 3. Dampak Gangguan Tidur terhadap Kesehatan **Error! Bookmark not defined.**
 4. Cara Meningkatkan Kualitas Tidur..... **Error! Bookmark not defined.**
 5. Pengukuran Kualitas Tidur ...**Error! Bookmark not defined.**
- D. Kerangka Teori**Error! Bookmark not defined.**

BAB III : KERANGKA KONSEP, HIPOTESIS DAN DEFINISI

OPERASIONAL

- A. Kerangka Konsep**Error! Bookmark not defined.**
- B. Hipotesis**Error! Bookmark not defined.**
- C. Definisi Operasional**Error! Bookmark not defined.**

BAB IV : METODE PENELITIAN

- A. Rancangan Penelitian**Error! Bookmark not defined.**
- B. Populasi dan Sampel**Error! Bookmark not defined.**
 - 1. Populasi Penelitian**Error! Bookmark not defined.**
 - 2. Sampel Penelitian**Error! Bookmark not defined.**
- C. Tempat dan Waktu Penelitian**Error! Bookmark not defined.**
- D. Etika Penelitian**Error! Bookmark not defined.**
- E. Alat Pengumpulan Data**Error! Bookmark not defined.**
 - 1. Instrumen Penelitian**Error! Bookmark not defined.**
 - 2. Uji Validitas**Error! Bookmark not defined.**
 - 3. Uji Reliabilitas**Error! Bookmark not defined.**
- F. Prosedur Pengumpulan Data**Error! Bookmark not defined.**
- G. Pengolahan Data**Error! Bookmark not defined.**
- H. Analisis Data**Error! Bookmark not defined.**
 - 1. Analisis Univariat**Error! Bookmark not defined.**
 - 2. Analisis Bivariat**Error! Bookmark not defined.**

BAB V : HASIL PENELITIAN

- A. Tempat dan Waktu Penelitian**Error! Bookmark not defined.**

- B. Analisis Univariat**Error! Bookmark not defined.**
 - 1. Analisis Karakteristik Responden..... **Error! Bookmark not defined.**
 - 2. Analisis Variabel.....**Error! Bookmark not defined.**
- C. Analisis Bivariat.....**Error! Bookmark not defined.**
 - 1. Uji Normalitas Data**Error! Bookmark not defined.**
 - 2. Pengujian Hipotesis Menggunakan Analisis *Pearson Correlation*.....**Error! Bookmark not defined.**

BAB VI : PEMBAHASAN

- A. Interpretasi Penelitian**Error! Bookmark not defined.**
 - 1. *Nursing Work Stress* Perawat yang Merawat Pasien Terdiagnosis Covid-19.....**Error! Bookmark not defined.**
 - 2. Kualitas Tidur Perawat yang Merawat Pasien Terdiagnosis Covid-19**Error! Bookmark not defined.**
 - 3. Hubungan *Nursing Work Stress* dengan Kualitas Tidur Perawat yang Merawat Pasien Terdiagnosis Covid-19 **Error! Bookmark not defined.**
- B. Keterbatasan Penelitian.....**Error! Bookmark not defined.**
- C. Implikasi Terhadap Pelayanan, Pendidikan dan Penelitian . **Error! Bookmark not defined.**
 - 1. Implikasi Terhadap Pelayanan Keperawatan..... **Error! Bookmark not defined.**

2. Implikasi Terhadap Pendidikan keperawatan **Error!**
Bookmark not defined.
3. Implikasi Terhadap Penelitian Keperawatan **Error!**
Bookmark not defined.

BAB VII : PENUTUP

- A. Simpulan**Error! Bookmark not defined.**
- B. Saran**Error! Bookmark not defined.**
 1. Bagi Pelayanan Keperawatan**Error! Bookmark not defined.**
 2. Bagi Institusi Pendidikan**Error! Bookmark not defined.**
 3. Bagi Pengembangan Ilmu Keperawatan....**Error! Bookmark not defined.**

DAFTAR PUSTAKA

LAMPIRAN

DAFTAR GAMBAR

Halaman

- Gambar 2. 1 : Kerangka teori “Hubungan *Nursing Work Stress* Perawat yang Merawat Pasien Terdiagnosis Covid-19 di Rumah Sakit X Denpasar”**Error! Bookmark not defined.**
- Gambar 3. 1 : Kerangka Konsep Penelitian “Hubungan *Nursing Work Stress* Perawat yang Merawat Pasien Terdiagnosis Covid-19 di Rumah Sakit X Denpasar”**Error! Bookmark not defined.**

DAFTAR TABEL

Halaman

- Tabel 4. 1 Deskripsi Sembilan Subskala Alat Ukur ENSS.. **Error! Bookmark not defined.**
- Tabel 4. 2 Deskripsi Tujuh Subskala Alat Ukur PSQI **Error! Bookmark not defined.**
- Tabel 5. 1 Karakteristik Responden Berdasarkan Jenis Kelamin**Error! Bookmark not defined.**
- Tabel 5. 2 Karakteristik Responden Berdasarkan Usia..... **Error! Bookmark not defined.**
- Tabel 5. 3 Skor Responden Berdasarkan *Nursing Work Stress* ..**Error! Bookmark not defined.**
- Tabel 5. 4 Skor Responden Berdasarkan Kualitas Tidur **Error! Bookmark not defined.**
- Tabel 5. 5 Hasil Uji Normalitas Data.....**Error! Bookmark not defined.**
- Tabel 5. 6 Hasil Uji “Hubungan *Nursing Work Stress* dengan Kualitas Tidur Perawat yang Merawat Pasien Terdiagnosis Covid-19 di Rumah Sakit X Denpasar”.....**Error! Bookmark not defined.**

DAFTAR LAMPIRAN

- Lampiran 1. Surat Ijin Studi Pendahuluan
- Lampiran 2. Surat Balasan Studi Pendahuluan
- Lampiran 3. Jadwal Penelitian
- Lampiran 4. *Informed Consent*
- Lampiran 5. Kuesioner Pengukuran *Nursing Work Stress*
- Lampiran 6. Kuesioner Pengukuran Kualitas Tidur
- Lampiran 7. Surat Keterangan Layak Etik
- Lampiran 8. Surat Permohonan Penelitian
- Lampiran 9. Surat Balasan Penelitian
- Lampiran 10. Hasil Analisis Penelitian
- Lampiran 11. Form Bimbingan Skripsi
- Lampiran 12. Dokumentasi Tahap Pengumpulan Data Responden
- Lampiran 13. Master Tabel

DAFTAR PUSTAKA

- Agustin, D. (2012). *Faktor-faktor yang Mempengaruhi Kualitas Tidur pada Pekerja Shift di PT Krakatau Tirta Industri Cilegon*. Universitas Indonesia, Jakarta. Retrieved June 22, 2021, from <http://lib.ui.ac.id/file?file=digital/20313608-S43780-Faktor-faktor yang.pdf>
- Alharbi, W. I., Mahrus, A., Elsayed, S. A., & Alolayan, A. B. (2021). Sleep quality among nurses during the first year of coronavirus disease 2019. *Open Access Macedonian Journal of Medical Sciences*, 9, 128–134.
- Ali, H., Cole, A., Ahmed, A., & Panos, G. (2020). Major Stressors and Coping Strategies of Frontline Nursing Staff During the Outbreak of Coronavirus Disease 2020 (COVID-19) in Alabama. *Journal of Multidisciplinary Healthcare*. Retrieved April 19, 2021, from <http://doi.org/10.2147/JMDH.S285933>
- Alim, I. Z. (2015). *Uji validitas dan reliabilitas instrumen pittsburgh sleep quality index versi Bahasa Indonesia*. Universitas Indonesia. Retrieved from <http://lib.ui.ac.id/detail?id=20404062&lokasi=lokal>
- Alnazly, E., Khraisat, O. M., Al-Bashaireh, A. M., & Bryant, C. L. (2021). Anxiety, depression, stress, fear and social support during COVID-19 pandemic among Jordanian healthcare workers. *PLoS ONE*, 16(3 March). Public Library of Science.
- American Nurses Association. (2020). More Than 32k Nurses Share Experience From The Front Lines. *Nursing Network*. Retrieved April 8, 2021, from <https://anamichigan.nursingnetwork.com/nursing-news/179188-more-than-32k-nurses-share-experience-from-the-front-lines>
- Angelo, E. (2019). Steps for success. *Nursing Management*, 50(June), 22–28.
- Arcangeli, G., Giorgi, G., Mucci, N., Bernaud, J. L., & Fabio, A. Di. (2019). *Emerging and Re-Emerging Organizational Features, Work Transitions and Occupational Risk Factors: The Good, the Bad, the Right. An Interdisciplinary Perspective*. Switzerland: Frontiers Media SA.
- Arnetz, J. E., Goetz, C. M., Arnetz, B. B., & Arble, E. (2020). Nurse Reports of Stressful Situations during the COVID-19 Pandemic: Qualitative Analysis of Survey Responses. *International Journal of Education and Social Science Research*. Retrieved April 8, 2021, from www.mdpi.com/journal/ijerph
- Bai, J. H., & Ravindran, V. (2019). Job Stress among Nurses. *Concept and Issues*. Retrieved May 17, 2021, from https://www.ijcne.org/temp/IndianJContNsgEdn20292-4633469_125214.pdf
- Baye, Y., Demeke, T., Birhan, N., Semahegn, A., & Birhanu, S. (2020). Nurses' work-related stress and associated factors in governmental hospitals in Harar,

- Eastern Ethiopia: A cross-sectional study. *PLoS ONE*, 15(8 August). Public Library of Science.
- Beth Allen, M., Wang, B., Jordan, D., & Mills, M. (2020, November 1). How has the COVID-19 pandemic changed patient care and the practice of medical physics in an academic environment? *Journal of Applied Clinical Medical Physics*. John Wiley and Sons Ltd.
- Bilgiç, Ş., Çelikkalp, Ü., & Mısırlı, C. (2021). Stress level and sleep quality of nurses during the COVID-19 pandemic. *Work*, 1–9.
- Centers for Disease Control and Prevention. (2014). *Stress...At work*. Columbia: U.S Department of Health and Human Services. Retrieved May 17, 2021, from <https://www.cdc.gov/niosh/docs/99-101/pdfs/99-101.pdf?id=10.26616/NIOSH PUB99101>
- Centers for Disease Control and Prevention. (2020). Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic. *Healthcare workers*. Retrieved May 17, 2021, from <https://www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html>
- Cui, S., Jiang, Y., Shi, Q., Zhang, L., Kong, D., Qian, M., & Chu, J. (2021). Impact of COVID-19 on Anxiety, Stress, and Coping Styles in Nurses in Emergency Departments and Fever Clinics: A Cross-Sectional Survey. *Risk Management and Health Care Policy*. Retrieved April 8, 2021, from <http://doi.org/10.2147/RMHP.S289782>
- Dewi, R. (2021). *Teknik Relaksasi Lima Jari Terhadap Kualitas Tidur, Fatigue Dan Nyeri Pada Pasien Kanker Payudara*. Yogyakarta: Deepublish.
- Duquesne University. (2021). Strategies for Managing Nurse Stress in the Workplace . *The ultimate guide*. Retrieved May 17, 2021, from <https://onlinenursing.duq.edu/blog/managing-nurse-stress/>
- Gupta, B., Sharma, V., Kumar, N., & Mahajan, A. (2020). Anxiety and sleep disturbances among health care workers during the covid-19 pandemic in India: Cross-sectional online survey. *JMIR Public Health and Surveillance*, 6(4), e24206. JMIR Publications Inc. Retrieved June 14, 2021, from <https://publichealth.jmir.org/2020/4/e24206>
- Hanief, Y. N., & Himawanto, W. (2017). *Statistik Pendidikan*. Yogyakarta: Deepublish.
- Harsono, H. (2017). Uji validitas dan reliabilitas expanded nursing stress scale (ENSS) versi bahasa Indonesia sebagai instrumen penilaian stres kerja pada perawat. *Fakultas Kedokteran Universitas Indonesia*.
- Hendy, A., Abozeid, A., Sallam, G., Fattah, H. A. A., & Reshia, F. A. A. (2021). Predictive factors affecting stress among nurses providing care at COVID-19 isolation hospitals at Egypt. *Nursing Open*, 8(1), 498–505. Blackwell

Publishing Ltd. Retrieved April 10, 2021, from <https://onlinelibrary.wiley.com/doi/10.1002/nop2.652>

Henry Ford Health System. (2021). How Has COVID-19 Changed The Way Hospitals Deliver Care? *Feelwell*. Retrieved May 25, 2021, from <https://www.henryford.com/blog/2021/03/covid-19-changed-the-way-hospitals-deliver-care>

Herqutanto, Harsono, H., Damayanti, M., & Setiawati, E. P. (2017). Job Stress in Nurses in Hospitals and Primary Health Care Facilities. Retrieved June 1, 2021, from <https://media.neliti.com/media/publications/62345-ID-stres-kerja-pada-perawat-di-rumah-sakit.pdf>

International Council of Nurse. (2020). ICN confirms 1,500 nurses have died from COVID-19 in 44 countries and estimates that healthcare worker COVID-19 fatalities worldwide could be more than 20,000. *Press Information*. Retrieved April 19, 2021, from https://www.icn.ch/sites/default/files/inline-files/PR_52_1500 Nurse Deaths_FINAL-3.pdf

International Labour Organization. (2016). *Workplace Stress: A collective challenge*. Italy: *International Labour Organization*. Retrieved May 17, 2021, from www.ilo.org/safeday

Jackson, D., Bradbury-Jones, C., Baptiste, D., Gelling, L., Morin, K., Neville, S., & Smith, G. D. (2020). Life in the pandemic: Some reflections on nursing in the context of COVID-19. *Journal of Clinical Nursing*, 29(13–14), 2041–2043.

Jankelová, N., & Joniaková, Z. (2021). Communication skills and transformational leadership style of first-line nurse managers in relation to job satisfaction of nurses and moderators of this relationship. *Healthcare (Switzerland)*, 9(3).

Jones, E. C. (2019). *Supply chain engineering and logistics handbook : inventory and production control*. United States of America: CRC Press.

Kementerian Kesehatan Republik Indonesia. (2020). Pelayanan Rutin Rumah Sakit Selama masa Pandemi Covid-19. Retrieved May 25, 2021, from <https://sehatnegeriku.kemkes.go.id/baca/umum/20200416/0033691/pelayanan-rutin-rumah-sakit-selama-masa-pandemi-covid-19/>

Kim, B.-I., Yoon, S.-Y., Kim, J.-S., Woo, K.-H., Cho, S.-Y., Lee, H., & An, J.-M. (2018). Factors related with quality on sleep of daytime workers. *Annals of Occupational and Environmental Medicine*. Retrieved June 14, 2021, from <https://doi.org/10.1186/s40557-018-0271-7>

Kurt, S. (2017). Causes of stress experienced by nurses and its effects on nurses. *New Trends and Issues Proceedings on Humanities and Social Sciences*, 4(2), 01–10.

Lai, J. C., Chang, K., Rochelle, T. L., Jiang, F., Yu, N. X., Lu, S., & Ng, S. (2021). *Resilience and Health in the Chinese People during the COVID-19 Outbreak*.

United States of America: Frontiers Media SA.

- Liliweri, A. (2017). *Komunikasi AntarPersonal*. Jakarta: Prenada Media.
- Majrashi, A., Khalil, A., & Nagshabandi, E. Al. (2021). Stressors and Coping Strategies among Nursing Students during the COVID-19 Pandemic : Scoping Review, 444–459.
- Al Maqbali, M., Al Sinani, M., & Al-Lenjawi, B. (2021, February 1). Prevalence of stress, depression, anxiety and sleep disturbance among nurses during the COVID-19 pandemic: A systematic review and meta-analysis. *Journal of Psychosomatic Research*. Elsevier Inc.
- Mo, Y., Deng, L., Zhang, L., Lang, Q., Liao, C., Wang, N., Qin, M., *et al.* (2020). Work stress among Chinese nurses to support Wuhan in fighting against COVID-19 epidemic. *Journal of Nursing Management*, 28(5), 1002–1009. Blackwell Publishing Ltd. Retrieved April 8, 2021, from [/pmc/articles/PMC7262235/](https://pubmed.ncbi.nlm.nih.gov/3262235/)
- Moustaka, E., & Constantinidis, T. C. (2010). *Sources and effects of Work-related stress in nursing*. *SCIENCE JOURNAL ® VOLUME* (Vol. 4). Retrieved May 17, 2021, from www.hsj.gr
- National Health Service. (2018). Why lack of sleep is bad for your health. *Sleep and tiredness*. Retrieved June 14, 2021, from <https://www.nhs.uk/live-well/sleep-and-tiredness/why-lack-of-sleep-is-bad-for-your-health/>
- National Sleep Foundation. (2020). What Is Sleep Quality. *Sleep and You*. Retrieved June 14, 2021, from <https://www.thensf.org/what-is-sleep-quality/>
- Norman, I. (2013). *The Art and Science of Mental Health Nursing: Principles and Practice*. United Kingdom: McGraw-Hill Education.
- Nursalam. (2017). *Metodologi Penelitian Ilmu Keperawatan : Pendekatan Praktis Edisi 3* (4th ed.). Jakarta: Salemba Medika.
- Ohayon, M., Wickwire, E. M., Hirshkowitz, M., Albert, S. M., Avidan, A., Daly, F. J., Dauvilliers, Y., *et al.* (2017). National Sleep Foundation’s sleep quality recommendations: first report. *Sleep Health*, 3(1), 6–19. Elsevier Inc. Retrieved June 14, 2021, from <https://pubmed.ncbi.nlm.nih.gov/28346153/>
- Pacheco, D. (2021). How Is Sleep Quality Calculated? *Sleep Foundation*. Retrieved June 14, 2021, from <https://www.sleepfoundation.org/sleep-hygiene/how-is-sleep-quality-calculated>
- Potter, P. A., Perry, A. G., Stockert, P., & Hall, A. (2017). *Fundamentals of Nursing*. United States of America: Elsevier.
- Said, R. M., & El-Shafei, D. A. (2021). Occupational stress, job satisfaction, and intent to leave: nurses working on front lines during COVID-19 pandemic in Zagazig City, Egypt. *Environmental Science and Pollution Research*, 28(7), 8791–8801. Springer Science and Business Media Deutschland GmbH.

Retrieved April 10, 2021, from <https://doi.org/10.1007/s11356-020-11235-8>

- Salari, N., Khazaie, H., Hosseini-Far, A., Khaledi-Paveh, B., Kazemina, M., Mohammadi, M., Shohaimi, S., *et al.* (2020). The prevalence of stress, anxiety and depression within front-line healthcare workers caring for COVID-19 patients: a systematic review and meta-regression. *Hum Resour Health*, *18*, 100. Retrieved April 19, 2021, from <https://doi.org/10.1186/s12960-020-00544-1>
- Salehinejad, M. A., Majidinezhad, M., Ghanavati, E., Kouestanian, S., Vicario, C. M., Nitsche, M. A., & Nejati, V. (2020). Negative impact of COVID-19 pandemic on sleep quantitative parameters, quality, and circadian alignment: Implications for health and psychological well-being. *EXCLI Journal*, *19*, 1297–1308. Leibniz Research Centre for Working Environment and Human Factors. Retrieved April 10, 2021, from </pmc/articles/PMC7658458/>
- Sani K, F. (2018). *Metodologi Penelitian Farmasi Komunitas dan Eksperimental* (3rd ed.). Yogyakarta: Deepublish.
- Sorrentino, S. A., Remmert, L., & Kelly, R. T. (2020). *Workbook and competency evaluation review for Mosby's Textbook for nursing assistants*. United States of America: Elsevier Health Sciences.
- Srisayekti, W., & Setiady, D. A. (2015). Harga-diri (Self-esteem) Terancam dan Perilaku Menghindar. *Jurnal Psikologi*, *42*(2), 141.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif Dan R&D*. Bandung: Alfabeta.
- Thach, T. Q., Mahirah, D., Dunleavy, G., Zhang, Y., Nazeha, N., Rykov, Y., Nah, A., *et al.* (2020). Association between shift work and poor sleep quality in an Asian multi-ethnic working population: A cross-sectional study. *PLoS ONE*, *15*(3), e0229693. Public Library of Science. Retrieved June 14, 2021, from <https://doi.org/10.1371/journal.pone.0229693.g001>
- The American Thoracic Society*. (2016). Pittsburgh Sleep Quality Index. *Sleep Related Questionnaires*. Retrieved June 14, 2021, from <https://www.thoracic.org/members/assemblies/assemblies/srn/questionnaires/sqi.php>
- Universitas Indonesia Fakultas Kedokteran. (2020). 83% Tenaga Kesehatan Indonesia Mengalami Burnout Syndrome Derajat Sedang dan Berat Selama Masa Pandemi COVID-19 - FKUI. *Berita*. Retrieved April 19, 2021, from <https://fk.ui.ac.id/berita/83-tenaga-kesehatan-indonesia-mengalami-burnout-syndrome-derajat-sedang-dan-berat-selama-masa-pandemi-covid-19.html>
- Verster, J. C., Pandi-Perumal, S. R., & Streiner, D. L. (2008). *Sleep and Quality of Life in Clinical Medicine*. United States of America: Springer Science & Business Media.

- World Health Organization.* (2020). *Mempertahankan layanan kesehatan esensial: panduan operasional untuk konteks COVID-19*. Retrieved May 25, 2021, from https://www.who.int/docs/default-source/searo/indonesia/covid19/maintaining-essential-health-services---ind.pdf?sfvrsn=d8bbc480_2
- Yi, J., Kang, L., Li, J., & Gu, J. (2021). A Key Factor for Psychosomatic Burden of Frontline Medical Staff: Occupational Pressure During the COVID-19 Pandemic in China. *Frontiers in Psychiatry, 11*(January), 1–7.
- Zhang, L., Sun, D., Li, C., & Tao, M. (2016). Influencing Factors for Sleep Quality Among Shift-working Nurses: A Cross-Sectional Study in China Using 3-factor Pittsburgh Sleep Quality Index. *Asian Nursing Research*.
- Zuraikat, F. M., Makarem, N., Liao, M., St-Onge, M. P., & Aggarwal, B. (2020). Measures of Poor Sleep Quality Are Associated With Higher Energy Intake and Poor Diet Quality in a Diverse Sample of Women From the Go Red for Women Strategically Focused Research Network. *Journal of the American Heart Association, 9*(4). American Heart Association Inc. Retrieved June 14, 2021, from <http://ahajournals.org>