

**HUBUNGAN STRES KERJA DENGAN PERUBAHAN
IRAMA SINGKADIAN PADA PERAWAT YANG
BERTUGAS DI RUANG ISOLASI COVID-19
RSU X DENPASAR**



SKRIPSI

**Oleh:
NI PUTU SRI WIARTINI**

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

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RSU X DENPASAR**

SKRIPSI

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

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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.

Mangupura, 22 Januari 2022



(Ni Putu Sri Wiartini)

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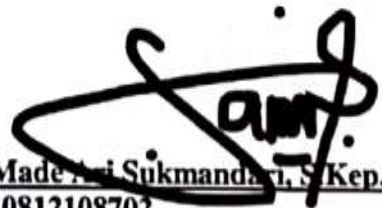
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Pembimbing I



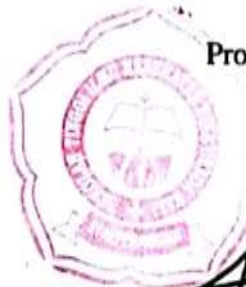
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Hubungan Stres Kerja Dengan Perubahan Irama Sirkadian pada Perawat yang Bertugas di Ruang Isolasi Covid-19 Rumah Sakit Umum X Denpasar

xiv + 52 + 2 gambar + 9 tabel + 13 lampiran

ABSTRAK

Perawat sebagai garda terdepan selama situasi pandemi mengekspresikan rasa takut, kelelahan, serta emosional trauma dan isolasi hingga menjumpai ancaman kesehatan dan intensitas kerja tinggi pada kondisi emergensi. Penelitian ini bertujuan untuk mengidentifikasi hubungan stres kerja dengan perubahan irama sirkadian pada perawat yang bertugas di Ruang Isolasi Covid-19 di Rumah Sakit X Denpasar.

Studi kuantitatif dengan metode *cross sectional* melibatkan 41 perawat yang dipilih dengan teknik total sampling. Pengumpulan data dilakukan menggunakan *Expanded Nursing Stres Scale* dan *Morningness-Eveningness Questionnaire* kemudian dianalisis menggunakan uji *Spearman*.

Penelitian menemukan ada hubungan stres kerja dengan perubahan irama sirkadian pada perawat yang bertugas di Ruang Isolasi Covid-19 di Rumah Sakit X Denpasar dengan *p-value* 0,000. Arah hubungan bersifat negatif kuat (koefisien = -0,544) menunjukkan semakin tinggi skor stres maka skor pengukuran irama sirkadian semakin rendah. Nilai ini menunjukkan bahwa semakin tinggi tingkat stres, maka irama sirkadian semakin menuju pasti malam. Diharapkan perawat perlu meningkatkan pengetahuan dan praktik dalam menghadapi stres kerja serta tetap memberikan pelayanan yang terbaik selama masa pandemi.

Kata Kunci: stress kerja, irama sirkadian, ruang isolasi, Covid-19

Daftar Pustaka: 78 (2012-2021)

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BACHELOR DEGREE OF NURSING PROGRAM**

Undergraduate Thesis, January 2022

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The Correlation between Work Stress and Circadian Rhythms Change for Nurses on Duty in the Covid-19 Isolation Ward of X General Hospital Denpasar

xiv + 52 + 2 pictures + 9 tables + 13 appendixes

ABSTRACT

Nurses as the front line during a pandemic situation express fear, fatigue, and emotional trauma and isolation to encounter health threats and high work intensity in emergency conditions. This study aimed to identify the correlation between work stress and circadian rhythm change for nurses on duty in the Covid-19 Isolation Ward of X General Hospital Denpasar.

This study was a quantitative study with cross sectional method involved 41 nurses by total sampling technique. Data was collected using the expanded nursing stress scale and the morningness-eveningness questionnaire then analyzed by spearman analysis.

This study found that there was a correlation between work stress and circadian rhythm change for nurses on duty in the Covid-19 Isolation Ward of X General Hospital Denpasar with p-value was 0,000. The direction of the relationship is strong negative (coefficient = -0.544) indicating the higher of stress score related to the lower of the circadian rhythm score. This value indicates that the higher the stress level, the circadian rhythm is getting closer to definitely evening. It is expected that nurses need to improve their knowledge and practice in dealing with work stress and continue to provide the best service during the pandemic.

Keywords : work stress, circadian rhythm, isolation ward, Covid-19

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