***ABSTRACT***

***THE RELATIONSHIP BETWEEN WORKLOAD AND WORK STRESS AMONG NURSES IN THE HIGH CARE UNIT (HCU) OF RSUP PROF. DR. I.G.N.G. NGOERAH HOSPITAL***

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*Nurses working in the High Care Unit (HCU) face high job demands as they care for critically ill patients, which can lead to heavy workloads and increased work stress. Prolonged work stress may negatively impact nurses’ health and the quality of care provided. This study is a quantitative research with a correlational analytic design using a cross-sectional approach. The sampling technique used was total sampling, involving 33 nurses working in the HCU IGD at RSUP Prof. dr. I.G.N.G. Ngoerah. The instruments used were a workload questionnaire and the Expanded Nursing Stress Scale (ENSS). The statistical analysis using Spearman’s Rank test with a significance level of α = 0.05 showed a p-value of 0.002 and a correlation coefficient r = 0.509. These results indicate a significant relationship between workload and work stress among nurses in the HCU. Therefore, it is important for hospital management to regulate nurses’ workloads in order to reduce stress levels and improve the quality of nursing care.*

***Keywords: Workload, work stress, nurses, High Care Unit***