

ABSTRAK

Hubungan *Quality Of Nursing Work Life* dengan *Burnout Syndrome* pada Perawat di Rumah Sakit Jiwa Manah Shanti Mahottama Provinsi Bali

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Perawat di rumah sakit jiwa memiliki risiko tinggi mengalami *burnout* akibat beban kerja dan tuntutan emosional yang tinggi. *Burnout* dapat menurunkan kualitas asuhan keperawatan, mengganggu kesehatan perawat, dan berdampak pada keselamatan pasien. Salah satu faktor yang mempengaruhi *burnout* adalah *Quality of Nursing Work Life* yang mencerminkan kualitas lingkungan kerja, dukungan organisasi, dan keseimbangan kehidupan kerja. Penelitian ini bertujuan untuk menganalisa hubungan antara *Quality of Nursing Work Life* dengan *burnout syndrome* pada perawat. Jenis penelitian *deskriptif korelasional* dengan rancangan *cross-sectional study*. Populasi penelitian ini adalah perawat di ruang rawat inap sebanyak 214 orang, jumlah sampel sebanyak 140 orang dipilih dengan *simple random sampling*. Alat yang digunakan mengumpulkan data adalah kuesioner *Quality of Nursing Work Life Survey* dan kuesioner *Copenhagen Burnout Inventory*. Analisis menggunakan uji *Rank Spearman* dengan $p < 0.05$. Hasil penelitian didapatkan sebagian besar perawat memiliki *Quality of Nursing Work Life* dengan kategori cukup (64,3%) dan *burnout syndrome* kategori sedang (67,9%). Hasil analisis menunjukkan terdapat hubungan yang signifikan antara QNWL dengan *burnout syndrome* ($p=0,000$, $r=-0,865$) tapi arah negatif dengan arti semakin baik QNWL maka semakin rendah tingkat *burnout syndrome* pada perawat. Lingkungan kerja yang mendukung, keseimbangan kehidupan kerja, dan dukungan organisasi disarankan dapat berperan penting dalam menurunkan risiko *burnout* pada perawat rumah sakit jiwa.

Kata kunci : *Quality Of Nursing Work Life*, *Burnout*, Perawat

ABSTRACT

The Relationship between Quality of Nursing Work Life and Burnout Syndrome among Nurses at Manah Shanti Mahottama Mental Hospital, Bali Province

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Psychiatric hospital nurses are at high risk of experiencing burnout due to heavy workloads and high emotional demands. Burnout can reduce the quality of nursing care, impair nurses' health, and negatively affect patient safety. One factor influencing burnout is the Quality of Nursing Work Life (QNWL), which reflects the quality of the work environment, organizational support, and work-life balance. This study aimed to analyze the relationship between Quality of Nursing Work Life and burnout among nurses. This study employed a descriptive correlational design with a cross-sectional approach. The study population consisted of 214 nurses working in inpatient wards, with a sample of 140 nurses selected using simple random sampling. Data were collected using the Quality of Nursing Work Life Survey and the Copenhagen Burnout Inventory (CBI) questionnaire. Data were analyzed using the Spearman's Rank correlation test with a significance level of $p < 0.05$. The results showed that most nurses had a moderate level of Quality of Nursing Work Life (64.3%) and a moderate level of burnout syndrome (67.9%). Statistical analysis revealed a significant relationship between Quality of Nursing Work Life and burnout syndrome ($p = 0.000$, $r = -0.865$), indicating a strong negative correlation. The better the Quality of Nursing Work Life, the lower the level of burnout syndrome among nurses. A supportive work environment, work-life balance, and organizational support play important roles in reducing the risk of burnout among psychiatric hospital nurses

Keywords: Quality of Nursing Work Life, Burnout Syndrome, Nurses