

ABSTRAK

GAMBARAN TINGKAT *BURNOUT* PADA PERAWAT YANG BEKERJA DI RUANG ICU RSUP PROF. Dr. I.G.N.G.NGOERAH

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Burnout merupakan suatu sindrom psikologis akibat stres kerja kronis yang ditandai dengan kelelahan emosional, depersonalisasi, dan penurunan pencapaian diri. Perawat yang bekerja di Intensive Care Unit (ICU) memiliki risiko mengalami *burnout* karena menghadapi pasien dengan kondisi kritis, beban kerja yang tinggi, penggunaan teknologi yang kompleks, serta tuntutan pengambilan keputusan yang cepat dan tepat. Kondisi tersebut dapat memengaruhi kualitas pelayanan keperawatan dan keselamatan pasien apabila tidak dikelola dengan baik. Penelitian ini bertujuan untuk mengetahui gambaran tingkat *burnout* pada perawat di Ruang ICU RSUP Prof. Dr. I.G.N.G. Ngoerah. Penelitian ini menggunakan desain deskriptif kuantitatif. Populasi penelitian berjumlah 57 perawat dan seluruhnya dijadikan sampel menggunakan teknik *total sampling*. Pengumpulan data dilakukan pada tanggal 31 Mei sampai 27 Juni 2026 menggunakan kuesioner *Maslach Burnout Inventory* (MBI) yang disebarakan melalui *Google Form*. Analisis data dilakukan secara univariat dan disajikan dalam bentuk distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa karakteristik responden didominasi oleh usia >35 tahun 44 responden (77,19%), perempuan 40 responden (70,18%), pendidikan S1 Keperawatan 34 responden (59,65%), status menikah 53 responden (92,98%), dan masa kerja 5–<10 tahun 15 responden (26,32%). Tingkat *burnout* menunjukkan 55 responden (96,5%) mengalami *burnout* rendah, 2 responden (3,5%) mengalami *burnout* sedang, dan tidak terdapat responden yang mengalami *burnout* tinggi. Disimpulkan bahwa sebagian besar perawat di Ruang ICU RSUP Prof. Dr. I.G.N.G. Ngoerah memiliki tingkat *burnout* rendah. Hasil penelitian ini diharapkan menjadi dasar bagi rumah sakit untuk mempertahankan lingkungan kerja yang kondusif serta melakukan upaya promotif dan preventif dalam mencegah terjadinya *burnout* pada perawat.

Kata kunci: *Burnout*, Perawat, ICU

ABSTRACT

DESCRIPTION OF BURNOUT LEVELS AMONG NURSES WORKING IN THE INTENSIVE CARE UNIT AT Prof. Dr. I.G.N.G. NGOERAH GENERAL HOSPITAL

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Burnout is a psychological syndrome resulting from chronic occupational stress, characterized by emotional exhaustion, depersonalization, and reduced personal accomplishment. Nurses working in the Intensive Care Unit (ICU) are at risk of experiencing *burnout* due to caring for critically ill patients, heavy workloads, the use of complex medical technology, and the need to make rapid and accurate clinical decisions. These conditions may affect the quality of nursing care and patient safety if not properly managed. This study aimed to describe the level of *burnout* among nurses working in the Intensive Care Unit of Prof. Dr. I.G.N.G. Ngoerah General Hospital. This study employed a quantitative descriptive research design. The study population consisted of 57 nurses, all of whom were included as respondents using a *total sampling* technique. Data were collected from May 31 to June 27, 2026, using the *Maslach Burnout Inventory* (MBI) questionnaire distributed through *Google Forms*. Data were analyzed using univariate analysis and presented as frequency distributions and percentages. The results showed that the respondents were predominantly aged over 35 years (44 respondents; 77.19%), female (40 respondents; 70.18%), held a Bachelor's degree in Nursing (34 respondents; 59.65%), were married (53 respondents; 92.98%), and had worked in the ICU for 5 to less than 10 years (15 respondents; 26.32%). Regarding burnout levels, 55 respondents (96.5%) experienced low *burnout*, 2 respondents (3.5%) experienced moderate *burnout*, and none experienced high *burnout*. It can be concluded that the majority of nurses working in the Intensive Care Unit of Prof. Dr. I.G.N.G. Ngoerah General Hospital had a low level of *burnout*. The findings of this study are expected to serve as a reference for hospital management in maintaining a supportive work environment and implementing promotive and preventive strategies to prevent *burnout* among nurses.

Keywords: *Burnout*, Nurses, ICU