

SYSTEMATIC LITERATURE REVIEW
HUBUNGAN *ETHICAL CLIMATE* DENGAN *MORAL DISTRESS* PADA PERAWAT

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ABSTRAK

Latar Belakang: *Moral distress* berdampak serius pada kesejahteraan psikologis perawat, meningkatkan turnover, dan menurunkan kualitas asuhan pasien. *Ethical climate* diyakini sebagai prediktor kontekstual terhadap moral distress pada perawat. **Tujuan:** Menganalisis dan mensintesis bukti ilmiah mengenai hubungan *ethical climate* dengan *moral distress* pada perawat berdasarkan studi empiris yang diterbitkan tahun 2021 – 2026. **Desain:** *Systematic Literature Review* (SLR) mengacu pada panduan PRISMA 2020. **Sumber Data:** PubMed, ScienceDirect, dan DOAJ. Total 231 artikel teridentifikasi, 20 artikel yang memenuhi kriteria inklusi. **Metode Review:** Pencarian menggunakan kata kunci *ethical climate* dan *moral distress* dengan operator Boolean. Kriteria inklusi mengacu pada kerangka PECOS: populasi perawat, *exposure ethical climate*, *outcome moral distress*, dan desain kuantitatif. Penilaian kualitas menggunakan JBI *Critical Appraisal Checklist for Analytical Cross-Sectional Studies*. **Hasil:** Seluruh 20 studi (100%) menunjukkan hubungan negatif konsisten antara *ethical climate* dan *moral distress* di berbagai negara dan setting klinis ($r = -0.19$ hingga -0.58). *Ethical climate* merupakan prediktor signifikan *moral distress* ($\beta = -0.484$; $R^2 = 0.402$). Dimensi *caring* dan *benevolence* paling protektif, sedangkan dimensi *egoism* berkorelasi positif dengan *moral distress*. **Kesimpulan:** *Ethical climate* berhubungan negatif signifikan dengan *moral distress* pada perawat. Penguatan *ethical climate* positif merupakan strategi berbasis bukti untuk menurunkan *moral distress* dan meningkatkan retensi perawat.

Kata Kunci: *Ethical Climate, Moral Distress, Nurses*

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ABSTRACT

Background: Moral distress seriously affects nurses' psychological well-being, increases turnover, and reduces patient care quality. Ethical climate is considered a significant contextual predictor of moral distress among nurses. **Objectives:** To analyze and synthesize scientific evidence regarding the relationship between ethical climate and moral distress among nurses based on empirical studies published between 2021 and 2026. **Design:** Systematic Literature Review reported following PRISMA 2020 guidelines. **Data Sources:** PubMed, ScienceDirect, and DOAJ. A total of 231 articles were identified; 20 met the inclusion criteria. **Review Methods:** Searches used the keywords ethical climate and moral distress with Boolean operators. Inclusion criteria followed the PECOS framework: nurse population, ethical climate as exposure, moral distress as outcome, and quantitative design. Quality appraisal used the JBI Critical Appraisal Checklist for Analytical Cross-Sectional Studies. **Results:** All 20 studies (100%) consistently showed a negative relationship between ethical climate and moral distress across countries and clinical settings ($r = -0.19$ to -0.58). Ethical climate was a significant predictor of moral distress ($\beta = -0.484$; $R^2 = 0.402$). The caring and benevolence dimensions were most protective, while egoism correlated positively with moral distress. **Conclusions:** Ethical climate is significantly and negatively associated with moral distress among nurses. Strengthening a positive ethical climate is an evidence-based strategy to reduce moral distress and improve nurse retention.

Keywords: Ethical Climate, Moral Distress, Nurses