

**LITERATUR REVIEW PERAN *SELF-EFFICACY* DALAM MEMEDIASI
HUBUNGAN ANTARA STRES KERJA DENGAN *BURNOUT* PADA
TENAGA KEPERAWATAN**

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ABSTRAK

Latar Belakang : Tenaga keperawatan merupakan profesi dengan tuntutan kerja tinggi yang berisiko mengalami stres kerja. Apabila tidak dikelola dengan baik, stres kerja dapat berkembang menjadi *burnout*. Salah satu faktor yang dapat memengaruhi hubungan tersebut adalah *self-efficacy*, yaitu keyakinan individu terhadap kemampuannya dalam menghadapi tekanan kerja. *Self-efficacy* diduga berperan sebagai variabel mediasi yang dapat memperlemah pengaruh stres kerja terhadap *burnout* pada tenaga keperawatan. **Tujuan :** Mengidentifikasi peran *self-efficacy* dalam memediasi hubungan antara stres kerja dengan *burnout* pada tenaga keperawatan. **Metode :** Penelitian ini menggunakan desain *literature review* dengan pendekatan PRISMA. Data diperoleh dari *PubMed*, *Google Scholar*, dan *ResearchGate* (2016–2026). Dari 6.010 artikel, dipilih 10 jurnal sesuai kriteria *PICOS* dan dianalisis menggunakan *critical appraisal*. **Hasil :** Hasil *literature review* Stres kerja berhubungan signifikan dengan *burnout*. *Self-efficacy* berperan sebagai faktor protektif yang menurunkan *burnout* dan terbukti sebagai mediator dalam hubungan stres kerja dan *burnout*. **Kesimpulan :** *Self-efficacy* berperan penting dalam mengurangi dampak stres kerja terhadap *burnout*, sehingga perlu dikembangkan sebagai strategi intervensi dalam praktik keperawatan.

Kata Kunci : *Self-efficacy*, stres kerja, *burnout*, tenaga keperawatan

LITERATUR REVIEW THE ROLE OF SELF-EFFICACY IN MEDIATING THE RELATIONSHIP BETWEEN WORK STRESS AND BURNOUT IN NURSING WORKERS

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ABSTRACT

Background : Nursing is a profession with high work demands and is at risk of experiencing work stress. If not managed properly, work stress can develop into burnout. One factor that can influence this relationship is self-efficacy, which is an individual's belief in their ability to cope with work pressure. Self-efficacy is thought to act as a mediating variable that can weaken the influence of work stress on burnout in nursing staff. **Objective :** To identify the role of self-efficacy in mediating the relationship between work stress and burnout in nursing staff. **Methods :** This study used a literature review design with the PRISMA approach. Data were obtained from PubMed, Google Scholar, and ResearchGate (2016–2026). Of the 6,010 articles, 10 journals were selected according to PICOS criteria and analyzed using critical appraisal. **Results :** The literature review revealed a significant association between work stress and burnout. Self-efficacy acts as a protective factor that reduces burnout and has been shown to mediate the relationship between work stress and burnout. **Conclusion :** Self-efficacy plays a significant role in reducing the impact of work stress on burnout, and therefore needs to be developed as an intervention strategy in nursing practice.

Keywords : Self-efficacy, work stress, burnout, nursing staff