

Lampiran 1 SK Pembimbing



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SURAT KEPUTUSAN
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NOMOR : 66 /401/SK/AK/D/XI/2025
TENTANG
PENGANGKATAN PEMBIMBING KARYA ILMIAH AKHIR NERS (KIAN)
PROGRAM STUDI PENDIDIKAN PROFESI NERS TAHUN AKADEMIK 2025/2026
FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH

DEKAN FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH

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- MENETAPKAN** :
PERTAMA : Nama : **DINI ANDHINI**
 Nomor Pokok : **1490125084**
 Program Studi : Pendidikan Profesi Ners
- KEDUA** : Mengangkat Pembimbing KIAN mahasiswa seperti yang tertulis pada diktum pertama sebagai berikut:
 Pembimbing I : **Reni Hertini, S.Kep., Ners., M.Kep.**
 Pembimbing II : **H. Asep Wahyudin, S.Kep., Ners., M.Kep.**
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 c. Pembimbingan KIAN dilaksanakan secara berkala sesuai dengan ketentuan yang berlaku.
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Ditetapkan : Ciamis
 Pada Tanggal : 6 November 2025
 Dekan



D. HERNANDA, S.Kep., Ners., MM., M.Kep.
 NIK. 11.3112770275

Lampiran 2 JBI Critical Appraisal

JBI Critical Appraisal untuk *Cross Sectional*

Reviwer : Dini Andhini Tanggal : 10 April 2026
 Author : Lee, S.J., Park, J.Y., & Kim, Tahun : 2024
 S.H. (2024) Publikasi
 Judul : *Effects of stress on burnout among infection control nurses during the COVID-19 pandemic: the mediating effects of social support and self-efficacy*

No	Pertanyaan	Jawaban (Ya/Tidak/Tidak Jelas)		
		Ya	Tidak	Tidak Jelas
1	Apakah kriteria inklusi dalam sampel dijelaskan dengan jelas?	✓		
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3	Apakah paparan diukur dengan cara yang valid dan reliabel?	✓		
4	Apakah kriteria standar yang objektif digunakan untuk mengukur kondisi?	✓		
5	Apakah faktor perancu diidentifikasi?	✓		
6	Apakah strategi untuk mengatasi faktor perancu dinyatakan?	✓		
7	Apakah hasil diukur dengan cara yang valid dan reliabel?	✓		
8	Apakah analisis statistik yang digunakan sesuai?	✓		
	Overall Appraisal	8		
	Presentase	100%		

JBIC Critical Appraisal untuk Cross Sectional

Reviewer : Dini Andhini Tanggal : 10 April 2026
 Author : Cabrera-Aguilar, E., Tahun : 2023
 Zevallos-Francia, M., Publikasi
 Morales-García, M., et al.
 Judul : *Resilience and stress as predictors of work engagement: the mediating role of self-efficacy in nurses*

No	Pertanyaan	Jawaban (Ya/Tidak/Tidak Jelas)		
		Ya	Tidak	Tidak Jelas
1	Apakah kriteria inklusi dalam sampel dijelaskan dengan jelas?			✓
2	Apakah subjek dan setting penelitian dijelaskan secara rinci?	✓		
3	Apakah paparan diukur dengan cara yang valid dan reliabel?	✓		
4	Apakah kriteria standar yang objektif digunakan untuk mengukur kondisi?	✓		
5	Apakah faktor perancu diidentifikasi?	✓		
6	Apakah strategi untuk mengatasi faktor perancu dinyatakan?	✓		
7	Apakah hasil diukur dengan cara yang valid dan reliabel?	✓		
8	Apakah analisis statistik yang digunakan sesuai?	✓		
	Overall Appraisal	7		
	Presentase	87,5%		

JBI Critical Appraisal untuk *Cross Sectional*

Reviwer : Dini Andhini Tanggal : 10 April 2026

Author : Zhang Y, Meng X, Zhou L Tahun : 2024

Publikasi

Judul : *The impact of job stress on perceived professional benefits among Chinese nurses caring for patients with gynecological cancer: mediating effects of perceived social support and self-efficacy*

No	Pertanyaan	Jawaban (Ya/Tidak/Tidak Jelas)		
		Ya	Tidak	Tidak Jelas
1	Apakah kriteria inklusi dalam sampel dijelaskan dengan jelas?	✓		
2	Apakah subjek dan setting penelitian dijelaskan secara rinci?	✓		
3	Apakah paparan diukur dengan cara yang valid dan reliabel?	✓		
4	Apakah kriteria standar yang objektif digunakan untuk mengukur kondisi?	✓		
5	Apakah faktor perancu diidentifikasi?	✓		
6	Apakah strategi untuk mengatasi faktor perancu dinyatakan?	✓		
7	Apakah hasil diukur dengan cara yang valid dan reliabel?	✓		
8	Apakah analisis statistik yang digunakan sesuai?	✓		
	Overall Appraisal	8		
	Presentase	100%		

JBI Critical Appraisal untuk *Cross Sectional*

Reviwer : Dini Andhini Tanggal : 10 April 2026
 Author : Molero MdM, Pérez-Fuentes Tahun : 2018
 MdC, Gázquez JJ Publikasi
 Judul : *Analysis of the Mediating Role of Self-Efficacy and Self-Esteem on the Effect of Workload on Burnout's Influence on Nurses' Plans to Work Longer*

No	Pertanyaan	Jawaban (Ya/Tidak/Tidak Jelas)		
		Ya	Tidak	Tidak Jelas
1	Apakah kriteria inklusi dalam sampel dijelaskan dengan jelas?	✓		
2	Apakah subjek dan setting penelitian dijelaskan secara rinci?	✓		
3	Apakah paparan diukur dengan cara yang valid dan reliabel?	✓		
4	Apakah kriteria standar yang objektif digunakan untuk mengukur kondisi?	✓		
5	Apakah faktor perancu diidentifikasi?	✓		
6	Apakah strategi untuk mengatasi faktor perancu dinyatakan?	✓		
7	Apakah hasil diukur dengan cara yang valid dan reliabel?	✓		
8	Apakah analisis statistik yang digunakan sesuai?	✓		
	Overall Appraisal	6		
	Presentase	100%		

JBICritical Appraisal untuk Cross Sectional

Reviwer : Dini Andhini Tanggal : 13 April 2026
 Author : Rudyanto et al Tahun : 2023
 Publikasi
 Judul : *Self Efficacy* Dan *Burnout Syndrome* Perawat Ruang Kritis Pada Masa Pandemi Covid-19

No	Pertanyaan	Jawaban (Ya/Tidak/Tidak Jelas)		
		Ya	Tidak	Tidak Jelas
1	Apakah kriteria inklusi dalam sampel dijelaskan dengan jelas?	✓		
2	Apakah subjek dan setting penelitian dijelaskan secara rinci?	✓		
3	Apakah paparan diukur dengan cara yang valid dan reliabel?	✓		
4	Apakah kriteria standar yang objektif digunakan untuk mengukur kondisi?	✓		
5	Apakah faktor perancu diidentifikasi?	✓		
6	Apakah strategi untuk mengatasi faktor perancu dinyatakan?		✓	
7	Apakah hasil diukur dengan cara yang valid dan reliabel?	✓		
8	Apakah analisis statistik yang digunakan sesuai?	✓		
	Overall Appraisal	7		
	Presentase	87,5%		

JBICritical Appraisal untuk Cross Sectional

Reviwer	: Dini Andhini	Tanggal	: 13 April 2026
Author	: Alverina & Ambarwati	Tahun	: 2019
		Publikasi	
Judul	: Hubungan antara Self-Efficacy dengan Burnout pada Perawat Psikiatri di Rumah Sakit Jiwa		

No	Pertanyaan	Jawaban (Ya/Tidak/Tidak Jelas)		
		Ya	Tidak	Tidak Jelas
1	Apakah kriteria inklusi dalam sampel dijelaskan dengan jelas?	✓		
2	Apakah subjek dan setting penelitian dijelaskan secara rinci?	✓		
3	Apakah paparan diukur dengan cara yang valid dan reliabel?	✓		
4	Apakah kriteria standar yang objektif digunakan untuk mengukur kondisi?	✓		
5	Apakah faktor perancu diidentifikasi?		✓	
6	Apakah strategi untuk mengatasi faktor perancu dinyatakan?	✓		
7	Apakah hasil diukur dengan cara yang valid dan reliabel?	✓		
8	Apakah analisis statistik yang digunakan sesuai?	✓		
	Overall Appraisal	7		
	Presentase	87,5%		

JB1 Critical Appraisal untuk *Cross Sectional*

Reviwer	: Dini Andhini	Tanggal	: 15 April 2026
Author	: Rohman et al.	Tahun	: 2023
		Publikasi	
Judul	: Hubungan <i>self-efficacy</i> dengan burnout pada perawat di ruang IGD dan ICU		

No	Pertanyaan	Jawaban (Ya/Tidak/Tidak Jelas)		
		Ya	Tidak	Tidak Jelas
1	Apakah kriteria inklusi dalam sampel dijelaskan dengan jelas?	✓		
2	Apakah subjek dan setting penelitian dijelaskan secara rinci?	✓		
3	Apakah paparan diukur dengan cara yang valid dan reliabel?	✓		
4	Apakah kriteria standar yang objektif digunakan untuk mengukur kondisi?	✓		
5	Apakah faktor perancu diidentifikasi?		✓	
6	Apakah strategi untuk mengatasi faktor perancu dinyatakan?		✓	
7	Apakah hasil diukur dengan cara yang valid dan reliabel?	✓		
8	Apakah analisis statistik yang digunakan sesuai?	✓		
	Overall Appraisal	6		
	Presentase	75%		

JBI Critical Appraisal untuk *Cross Sectional*

Reviwer	: Dini Andhini	Tanggal	: 15 April 2026
Author	: Arif & Wijono	Tahun	: 2022
		Publikasi	
Judul	: Self-Efficacy dan Burnout pada Perawat RSUD KRMT Wongsonegoro Semarang di Masa Pandemi Covid-19		

No	Pertanyaan	Jawaban (Ya/Tidak/Tidak Jelas)		
		Ya	Tidak	Tidak Jelas
1	Apakah kriteria inklusi dalam sampel dijelaskan dengan jelas?	✓		
2	Apakah subjek dan setting penelitian dijelaskan secara rinci?	✓		
3	Apakah paparan diukur dengan cara yang valid dan reliabel?	✓		
4	Apakah kriteria standar yang objektif digunakan untuk mengukur kondisi?	✓		
5	Apakah faktor perancu diidentifikasi?	✓		
6	Apakah strategi untuk mengatasi faktor perancu dinyatakan?		✓	
7	Apakah hasil diukur dengan cara yang valid dan reliabel?	✓		
8	Apakah analisis statistik yang digunakan sesuai?	✓		
	Overall Appraisal	7		
	Presentase	87,5%		

Lampiran 3 Jurnal

Lee et al. BMC Nursing (2024) 23:537
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BMC Nursing

RESEARCH

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Effects of stress on burnout among infection control nurses during the COVID-19 pandemic: the mediating effects of social support and self-efficacy

Su-jin Lee¹, Ju-Young Park^{1*} and Seo-Hyeon Kim¹

Abstract

Background This study investigated the mediating effects of self-efficacy and social support on the relationship between stress and burnout among infection control nurses (ICNs) during an emerging infectious disease pandemic.

Methods The study participants encompassed 210 ICNs with at least six months' experience in an infection control unit at a general hospital in South Korea during the COVID-19 pandemic. Data were analyzed using independent t-tests or one-way analysis of variance (ANOVA), while descriptive statistics were performed using SPSS/WIN 26.0 software. Hayes's PROCESS macro 4.2 software was used to verify the significance of the indirect effects of the mediators.

Results Stress had a significant positive effect on burnout ($\beta = 0.80, p < .001$), accounting for 73% of the variance. Self-efficacy ($\beta = -0.26, p < .001$) and social support ($\beta = -0.11, p = .034$) had a significant negative effect on burnout, accounting for 78% of the variance. Stress was lower when self-efficacy and social support were entered into the model ($\beta = 0.80 \rightarrow 0.59$), indicating that self-efficacy and social support mediated the relationship between stress and burnout.

Conclusion This study is significant in that it confirms the effects of self-efficacy and social support on the relationship between stress and burnout among ICNs. The results highlight the importance of establishing organizational support systems and developing and implementing programs for enhancing self-efficacy in order to reduce burnout among ICNs.

Keywords Burnout, Infection control, Self-efficacy, Social support, Stress

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nursesElard Cabrera-Aguilar¹, Margarita Zevallos-Francia²,
Mardel Morales-García³, Andrés Alexis Ramírez-Coronel^{3,4,5,6},
Sandra B. Morales-García⁶, Liset Z. Sairitupa-Sánchez⁷ and
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Peru, ¹⁰Facultad de Teología, Universidad Peruana Unión, Lima, Peru**Background:** Nurses face high levels of stress and work demands, which can
affect their work engagement and psychological well-being. Resilience and
self-efficacy have been identified as important resources to improve nurses'
adaptation and work engagement.**Objective:** This study aimed to evaluate the mediating role of self-efficacy in
the relationship between resilience and stress on work engagement in Peruvian
nurses.**Methods:** A cross-sectional design was used, and data were collected from a
sample of 450 nurses. Self-report questionnaires were administered to measure
self-efficacy, resilience, stress, and work engagement. SEM analyses were
performed to examine the relationship between these variables, and a mediation
analysis was conducted to evaluate the role of self-efficacy as a mediator in the
relationship between resilience, stress, and work engagement.**Results:** The results indicated a positive relationship between resilience, self-
efficacy, and work engagement, as well as a negative relationship between stress
and work engagement. Additionally, self-efficacy mediated the relationship
between resilience and work engagement, as well as the relationship between
stress and work engagement in nurses.**Conclusion:** Personal resources such as self-efficacy are a key factor in the
relationship between resilience (work resources), stress (work demands), and
work engagement of Peruvian nurses. Strengthening self-efficacy and resilience
can improve work engagement and personal satisfaction of nurses. Hospital
administrators and nursing managers should consider the importance of
resilience, stress, work engagement, and self-efficacy in registered nurses and
develop effective strategies to improve them. This can have a positive impact on
the quality of care provided to patients and on the job satisfaction of nurses.



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this work

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Front. Psychol. 15:1344185.
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The impact of job stress on perceived professional benefits among Chinese nurses caring for patients with gynecological cancer: mediating effects of perceived social support and self-efficacy

Yuxin Zhang¹, Xinhai Meng¹ and Lihua Zhou*¹School of Nursing, Anhui Medical University, Hefei, China

Introduction: Nurses caring for patients with gynecological cancer experience significant job stress, which adversely impacts their mental health. Previous studies have indicated that perceived professional benefits serves as a protective factor for nurses' mental health, and factors such as job stress, perceived social support and self-efficacy influence their perceived professional benefits. However, the relationships between these factors and the associated mechanisms have remained incompletely understood. This study explored the role of perceived social support and self-efficacy in job stress and perceived professional benefits among nurses caring for patients with gynecological cancer.

Methods: During June and July 2023, an investigation was conducted in Anhui Province. The Nurse Job Stressors Scale, Perceived Social Support Scale, Nurses' Perceived Professional Benefits Questionnaire and General Self-Efficacy Scale were administered to 311 nurses caring for patients with gynecological cancer. A chained-mediated effect model was constructed and validated.

Results: Job stress negatively affected nurses' perceived professional benefits. Perceived social support was a mediator in job stress and nurses' perceived professional benefits, with a mediating effect value of -0.093 . Additionally, perceived social support and self-efficacy functioned as sequential mediators in this relationship, with a mediating effect value of -0.052 .

Conclusion: This study unveils the influencing mechanisms of job stress on perceived professional benefits of nurses caring for patients with gynecological cancer. It is essential for nursing managers to alleviate nurses' job stress, provide sufficient and effective social support and improve their self-efficacy, ultimately enhancing their perceived professional benefits.

KEYWORDS

gynecological cancer, job stress, nurses, perceived social support, perceived professional benefits, self-efficacy



Analysis of the Mediating Role of Self-Efficacy and Self-Esteem on the Effect of Workload on Burnout's Influence on Nurses' Plans to Work Longer

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At the present time, we know that there is a positive relationship between self-efficacy and self-esteem in which positive beliefs about one's own efficacy increase one's sense of self-worth as stressful situations of a heavy workload are coped with successfully, and this, in turn, affects the nurses' plans to work longer. Analyze the mediating role of self-efficacy and self-esteem in the effect of workload, measured as the number of users attended to during a workday, on burnout in nursing professionals. A sample of 1307 nurses aged 22 to 60 years who were administered the Brief Burnout Questionnaire, the General Self-Efficacy Scale, and the Rosenberg Self-Esteem Scale, and workload, measured as the number of users attended to during the workday. The results show that professionals with high levels of self-efficacy also scored higher on global self-esteem. Burnout correlated negatively with both variables (self-efficacy and self-esteem). Three clusters were found with the variables (self-efficacy, self-esteem, and workload) showing significant differences in burnout scores among clusters. Self-efficacy and self-esteem function as buffers of the negative effects of workload on burnout. Organizations should design interventions for promoting the personal resources of their workers through training activities and organizational resources (e.g., redesigning job positions) to promote satisfaction and wellbeing of employees, making their stay at work greater.

Keywords: self-efficacy, self-esteem, workload, burnout – professional, psychology, mediating model

INTRODUCTION

The World Health Organization (WHO) considers burnout, which has also been analyzed in education (Martos et al., 2018; Vicens-Gómez and Arias-Gandín, 2018), an occupational illness of special relevance (World Health Organization [WHO], 2016). This syndrome is characterized by gradual physical and mental exhaustion of individuals, feelings of detachment and of negative attitudes toward their job, and perception of diminished professional efficacy (Maslach et al., 2001).

Even though workers in different occupational sectors may suffer from this syndrome, there is a stronger risk for healthcare professionals, because permanent contact with the suffering and illnesses of others makes their work setting particularly emotionally and psychologically stressful (Adriaenssens et al., 2015; Hunsaker et al., 2015; Banerjee et al., 2016). We can't forget that

RESEARCH ARTICLE

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General self-efficacy modifies the effect of stress on burnout in nurses with different personality types



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Abstract

Background: Burnout is a health problem in nurses. Individuals with a certain personality are more susceptible to job-related burnout. General self-efficacy (GSE) is an important predictor of job-related burnout. The relationships between general self-efficacy, job-related burnout and different personality types are still not clear. This study aims to analyze the relationships of job-related burnout, stress, general self-efficacy and personality types, as well as their interactions in job-related burnout.

Method: A cross-sectional survey of 860 nurses was conducted between June and July 2015 in China. We measured their job-related burnout using the scale of the Maslach Occupational Burnout Scale, and personality, stress, and GSE. Machine learning of generalized linear model were performed.

Results: Maslach Burnout Inventory (MBI) professional efficacy was significantly associated with gender, marital status, age, job title and length of service. A machine learning algorithm showed that stress was the most important factor in job-related burnout, followed by GSE, personality type (introvert unstable), and job title. Individuals with low GSE and either introversion or unstable (high neuroticism) personality seemed to have stronger burnout when they faced stress (regardless of stress intensity) compared to others.

Conclusion: Stress, GSE and introvert unstable personality are the top three factors of job-related burnout. GSE moderates the effect of stress on burnout in nurses with extroversion or neuroticism personality. Reducing stress, increasing GSE, and more social support may alleviate job-related burnout in nurses. Nurses with introvert unstable personality should be given more social support in reducing stress and enhancing their GSE.

Keywords: Nurse, Job-related burnout, Personality, General self-efficacy, Machine learning, Interaction

Background

Burnout is characteristic of depersonalization, emotional exhaustion and low personal accomplishment [1]. Job-related burnout in health care sector not only leads to decreased effectiveness at work, but may also interfere human perception, affecting an individual's appropriate judgement, reducing the ability to predict accidents, consequently leading to the illegal operations and even the occurrence of medical accidents, deteriorating the

quality of care provided to patients [2, 3]. Burnout frequently occurs in people-oriented profession, and especially medical staffs, who provide care services for patients and face more challenges such as the demanding relationships with patients and their relatives, interactions with coworkers in teams, are more susceptible to job-related burnout [4]. A survey of medical staffs showed that more than one-third of the participants (35.8%) reported themselves at the high risk of job-related burnout, 27.2% had a high degree of exhaustion, 10.0% had a certain degree of cynicism, 3.2% lacked professional efficacy [5]. Another survey of 218 medical staffs showed that 42.1% of the subjects had a certain degree of exhaustion, 22.7% had a certain degree of

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STUDI KORELASIONAL SELF EFFICACY DAN BURNOUT SYNDROME PERAWAT RUANG KRITIS PADA MASA PANDEMI COVID-19

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Abstrak

Peningkatan jumlah pasien terjadi selama masa pandemi Covid-19 menyebabkan peningkatan beban pekerjaan terhadap perawat yang bekerja di ruang kritis yang berisiko menyebabkan burnout, sehingga dibutuhkan self efficacy untuk mencegah terjadinya burnout. Tujuan dari penelitian ini untuk mengetahui hubungan self efficacy dan burnout syndrome pada perawat ruang kritis di masa pandemi Covid-19. Pada penelitian ini jenis penelitian yang digunakan adalah study correlation dengan metode penelitian cross sectional. Sampel yang didapatkan sebanyak 55 responden dengan menggunakan total sampling. Analisis data pada penelitian ini menggunakan Chi-square dengan uji Fisher's Exact Test. Pengumpulan data menggunakan kuesioner self efficacy dan MBI-HSS (Maslach Burnout Inventory Human Service Survey). Hasil penelitian menunjukkan hampir seluruh perawat memiliki self efficacy yang tinggi (78,2%) dan sebagian besar perawat tidak mengalami burnout syndrome (60,0%). Diperoleh nilai sig. (2-sided) 0,006 ($p < 0,05$) maka ada hubungan yang signifikan antara self efficacy dan burnout syndrome pada perawat ruang kritis di masa pandemi Covid-19. Upaya peningkatan self efficacy pada diri perawat dengan berbagai upaya pengalaman dan belajar akan mampu meminimalisir kejadian burnout meskipun dengan beban kerja yang tinggi.

Kata kunci: self efficacy, burnout, perawat kritis

Abstract

The increased number of patients during the Covid-19 pandemic increased the workload of nurses working in a critical room, putting them at risk of burnout. Thus, self-efficacy is required to prevent burnout. The goal of this study was to see if there was a link between self-efficacy and burnout syndrome in the nurses' critical care unit during the Covid-19 pandemic. This study was a correlation study using a cross-sectional research method. The total sampling technique was used to obtain 55 respondents for the sample. The data in this study was analyzed using Chi-square and Fisher's Exact Test. The data were gathered using self-efficacy questionnaires and the MBI-HSS (Maslach Burnout Inventory Human Service Survey). The results showed that almost all nurses had high self-efficacy (78.2%) and most nurses did not experience burnout syndrome (60.0%). From the data analysis, it was obtained sig. (2-sided) value of 0.006 ($p < 0.05$). During the Covid-19 pandemic, there was a significant correlation between self efficacy and burnout syndrome in the nurses' critical care unit. Attempts to improve self efficacy through experience and learning will help minimize burnout even with a high workload.

Keywords: Self efficacy, burnout, critical nurse

1. PENDAHULUAN

Pada masa pandemi Covid-19, rumah sakit sangat dibutuhkan dan minim tempat ruang inap pasien dikarenakan terjadinya lonjakan pasien sehingga kebutuhan layanan keperawatan di rumah sakit terjadi overload. Hal tersebut menjadikan ketidakseimbangan jumlah pasien dan tenaga kesehatan yang dinas di rumah sakit. Ruangan yang digunakan selama masa pandemi banyak kunjungan baik di ruang IGD, ICU, maupun isolasi sehingga perawat yang ada di ruangan

tersebut berpotensi mengalami stress karena tanggung jawab yang tinggi serta tuntutan pekerjaan yang banyak dalam memberikan layanan asuhan keperawatan yang berhubungan dengan keselamatan pasien di masa pandemi Covid-19.

World Health Organization (WHO) memperkirakan terdapat potensi kekurangan profesi perawat secara global sebanyak 7,6 juta pada tahun 2030. Menurut hasil penelitian menyatakan bahwa sebanyak 35% tenaga perawat melaporkan tidak ingin

Hubungan antara *Self-Efficacy* dengan *Burnout* pada Perawat Psikiatri di Rumah Sakit Jiwa

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Abstrak. Tujuan penelitian ini untuk menguji hubungan antara *self-efficacy* dengan *burnout* pada perawat psikiatri di rumah sakit jiwa. Dalam pekerjaan perawat psikiatri dituntut memiliki keahlian, pengetahuan dan konsentrasi tinggi. Tidak jarang perawat psikiatri dihadapi dengan berbagai macam masalah dalam pekerjaannya, masalah yang muncul dapat mengakibatkan perawat mengalami stres hingga berakibat mengalami *burnout*. Variabel-variabel penelitian diukur dengan menggunakan dua skala yaitu skala *General Self-Efficacy* yang disusun oleh Schwarzer dan Jerusalem (1995) digunakan untuk mengukur *self-efficacy*, dan skala *Maslach Burnout Inventory* yang disusun oleh Maslach dan Jackson (1981) digunakan untuk mengukur *burnout*. Pengambilan sampel menggunakan teknik *quota sampling*, yaitu teknik untuk menentukan sampel dari populasi yang mempunyai ciri-ciri tertentu sampai jumlah (kuota) yang diinginkan (Sugiyono, 2011). Partisipan penelitian berjumlah 265 perawat psikiatri dari dua rumah sakit jiwa yaitu rumah sakit jiwa Magelang dan rumah sakit jiwa Klaten. Berdasarkan hasil penelitian didapatkan hasil koefisien korelasi ($r = -0,359$ dengan nilai sig 0,00 ($p < 0,05$)) artinya terdapat hubungan negatif antara *self-efficacy* dengan *burnout* pada perawat psikiatri di rumah sakit jiwa atau dengan kata lain makin tinggi tingkat *self-efficacy* maka semakin rendah *burnout* yang dialami oleh perawat psikiatri di rumah sakit jiwa.

Kata kunci: *self-efficacy*, *burnout*, perawat psikiatri

Abstract. This study aims to examine the correlation between *self-efficacy* and *burnout* in psychiatric nurses in psychiatric hospitals. Psychiatric nurses are required to have the expertise, knowledge and high concentration. Psychiatric nurses are likely to be faced with various kinds of problems in their work, problem that arise can result nurses there stressing result in *burnout*. Research variables were measured using two scales. The first is the *General Self-Efficacy* compiled by Schwarzer and Jerusalem (1995). This scale is a modification of the measuring instrument created by the Bandura. *General Self-Efficacy* scale used for measure *self-efficacy*. The second scale *Maslach Burnout Inventory* that is compiled by Maslach and Jackson (1981). The *Maslach Burnout Inventory* scale is used to measure *burnout*. Sampling using *quota sampling* technique which is a technique for determining samples from populations that have certain characteristics to the desired amount (*quota*) (Sugiyono, 2011). The sample in this study involved 265 psychiatric nurses at Magelang and Klaten. Based on the results of the study the results of correlation coefficient ($r = -0,359$ with a sig value of 0,00 ($p < 0,05$)), which means that there is a

Hubungan *self-efficacy* dengan *burnout* pada perawat di ruang IGD dan ICU

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Abstrak

Latar belakang: Perawat memberikan pengaruh besar dalam menentukan kualitas dan menjaga mutu pelayanan rumah sakit. Perawat memiliki peran dan tanggung jawab terhadap beban kerja yang dapat mempengaruhi kondisi fisik dan status emosionalnya. Tugas dan tanggung jawab yang berlebihan dapat menyebabkan perawat mengalami *burnout*. *Self-efficacy* menjadi salah satu faktor yang dapat mempengaruhi tingkat *burnout* perawat. *Self-efficacy* merupakan keyakinan individu mengenai kemampuan dirinya dalam melakukan tindakan. Perawat yang memiliki *self-efficacy* tinggi akan mampu mengatasi *burnout* yang dialami. Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan *self-efficacy* dengan *burnout* pada perawat di ruang IGD dan ICU RS PKU Muhammadiyah Yogyakarta. Metode: Metode penelitian yang digunakan dalam penelitian ini adalah deskriptif korelasi dengan pendekatan cross-sectional. Subjek penelitian adalah perawat yang bekerja di ruang IGD dan ICU sejumlah 41 orang dengan pengambilan sampel menggunakan teknik total sampling. Hasil: Hasil penelitian dengan uji Spearman-Rank diperoleh ada hubungan yang signifikan antara *self-efficacy* dengan *burnout* pada perawat IGD dan ICU ($p\text{-value } 0,000 < 0,05$). Keeratn hubungan dengan nilai signifikansi $r = -0,523$ (korelasi kuat). Simpulan dan Saran: Ada hubungan antara *self-efficacy* dengan *burnout* pada perawat di ruang IGD dan ICU RS PKU Muhammadiyah Yogyakarta. Penelitian ini dapat menjadi bahan pertimbangan dan evaluasi serta referensi pengetahuan dalam meningkatkan efikasi diri untuk menghindari kejadian *burnout* pada perawat di ruang IGD dan ICU.

Kata Kunci: *burnout*; perawat; *self-efficacy*

1. Pendahuluan

Keperawatan merupakan profesi yang memegang peranan penting dalam menjaga mutu pelayanan kesehatan di rumah sakit. Perawat bekerja secara holistik dengan memberikan perawatan, pendidikan, motivasi, serta bertindak sebagai advokat dan membantu menentukan kebijakan yang mempengaruhi kesehatan baik di rumah sakit maupun masyarakat. Perawat tentunya memiliki peran dan tanggung jawab yang besar terhadap beban kerja dan mempengaruhi kondisi fisik dan status emosionalnya. Tugas dan tanggung jawab perawat yang berlebihan dapat menyebabkan kelelahan emosional, depersonalisasi, dan penurunan kapasitas kerja. Dalam keadaan ini, perawat dapat dinyatakan mengalami *burnout* (Mariana et al., 2020).

Burnout merupakan suatu bentuk kelelahan kerja yang dialami seseorang baik secara fisik, emosional atau mental. Sindrom kelelahan (*burnout*) perawat merupakan bentuk keadaan psikologi yang terjadi pada perawat secara terus menerus akibat stress dalam menjalani pekerjaan (Revda Dinibutun, 2020). *Burnout* dinyatakan sebagai kelelahan secara emosional, depersonalisasi serta *reduced personal accomplishment* yang terjadi pada individu setelah melakukan pekerjaan atau memberikan pelayanan kepada orang lain. Hal ini ditandai dengan gejala-gejala yang muncul akibat stress kerja yang berkepanjangan. Bahkan WHO secara resmi telah menetapkan *burnout* sebagai fenomena kelelahan kerja dan mengklasifikasikannya kedalam penyakit internasional terbaru. Kecenderungan *burnout* yang dialami perawat dalam bekerja akan mempengaruhi kualitas pelayanan keperawatan yang diberikan kepada pasien serta dapat menyebabkan efektivitas pekerjaan menurun (Ekawati, 2019).

Meningkatnya beban kerja yang dialami oleh individu, akan memicu terjadinya *burnout*. Salah satu potensi terjadinya *burnout* adalah pada perawat ruang IGD dan ICU. Instalasi Gawat Darurat (IGD) dan Intensive Care Unit (ICU) merupakan unit terpenting dalam operasional rumah sakit sebagai layanan yang beroperasi selama 24 jam. Tuntutan beban kerja yang tinggi dalam lingkungan kegawat daruratan menyebabkan perawat IGD dan ICU sangat berisiko terhadap terjadinya stress yang nantinya akan menyebabkan *burnout* (Mariana et al., 2020). Perawat yang bekerja di ruang IGD dan ICU lebih rentan terhadap *burnout* daripada perawat yang bekerja di spesialisasi atau ruangan lain. Hal ini diduga karena perawat sering mengalami hal yang tidak terduga dan kegelisahan yang

HUBUNGAN EFIKASI DIRI DENGAN *BURNOUT* PADA PERAWAT DI RUANG PERAWATAN INTENSIF RUMAH SAKIT UMUM DAERAH BANGLI

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ABSTRAK

Efikasi diri adalah keyakinan bahwa seseorang memiliki kemampuan untuk mengendalikan diri dalam mengatasi masalah dan melakukan aktivitas untuk mencapai tujuan tertentu. Perawat dengan tingkat efikasi diri yang tinggi cenderung memiliki keyakinan terhadap kemampuannya, dapat mengantisipasi kemungkinan *burnout*, menemukan solusi terbaik, melaksanakan tugas dengan efektif, dan mendukung orientasi mereka untuk mencapai kesuksesan. Sebaliknya, perawat dengan tingkat efikasi diri rendah cenderung menghindari tugas dan masalah untuk mengurangi tekanan emosional. Penelitian ini bertujuan untuk mengetahui hubungan antara efikasi diri dengan *burnout* pada perawat di Ruang Perawatan Intensif Rumah Sakit Umum Daerah Bangli. Metode penelitian yang digunakan adalah kuantitatif dengan rancangan deskriptif korelasi dan pendekatan *cross-sectional*. Teknik yang digunakan yaitu total populasi, didapatkan 35 perawat di ruang perawatan intensif RSUD Bangli. Penelitian ini menggunakan uji uji *Spearman Rank*. Hasil penelitian menunjukkan ada hubungan negatif yang sangat kuat antara efikasi diri dengan *burnout* perawat di ruang perawatan intensif Rumah Sakit Umum Daerah Bangli ($p\text{-value}=0,000$; $r = -0,868$). Saran yang dapat diberikan peneliti adalah bagi perawat untuk meningkatkan efikasi diri melalui pelatihan pengembangan diri, menetapkan tujuan realistis, dan mencari dukungan sosial dari rekan kerja.

Kata kunci: *burnout*, efikasi diri, perawat

ABSTRACT

Self-efficacy is the belief that a person has the ability to control themselves in overcoming problems and carrying out activities to achieve certain goals. Nurses with a high level of self-efficacy tend to have confidence in their abilities, can anticipate the possibility of *burnout*, find the best solution, carry out tasks effectively, and support their orientation to achieve success. In contrast, nurses with low levels of self-efficacy tend to avoid tasks and problems to reduce emotional stress. This study aims to determine the relationship between self-efficacy and *burnout* in nurses in the Intensive Care Room at Bangli Regional General Hospital. The research method used is quantitative with a descriptive correlation design and a *cross-sectional* approach. The technique used was the total population, there were 35 nurses in the intensive care room at Bangli Regional General Hospital. This research uses the *Spearman Rank* test. The research results showed that there was a very strong negative relationship between self-efficacy and nurse *burnout* in the intensive care ward at Bangli Regional General Hospital ($p\text{-value}=0,000$; $r = -0,868$). Suggestions that researchers can give are for nurses to increase self-efficacy through self-development training, setting realistic goals, and seeking social support from colleagues.

Keywords: *burnout*, nurse, self-efficacy

Self-Efficacy dan Burnout pada Perawat Rumah Sakit Umum Daerah (RSUD) Kanjeng Raden Mas Tumenggung (KRMT) Wongsonegoro Semarang di Masa Pandemi Covid-19

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ABSTRACT: During the Covid-19 pandemic, nurses felt an increase in their perceived workload. Often the nurses feel exhaustion after doing work. The purpose of this study was to determine the relationship between self-efficacy and burnout in nurses at RSUD K.R.M.T. Wongsonegoro in Semarang while the Covid-19 pandemic. Participants in this study were female or male nurses at RSUD K.R.M.T. Wongsonegoro in Semarang who became the implementing nurse in the isolation room during the Covid-19 pandemic, totaling 34 participants. Sampling uses a saturation sampling technique, which is a sampling technique where all members of the population are used as samples, this is done if the population is relatively small, less than 30, or the research wants to make generalizations with very small errors (Sugiyono, 2017). Research variables were measured using two scales, namely the General Self-Efficacy scale compiled by Schwarzer and Jerusalem (1995) used to measure self-efficacy, and the burnout scale used was the Maslach Burnout Inventory-Human Services Survey (MBI-HSS) Scale which measures burnout by adjusting the target subjects involved with human services such as nurses compiled by Malsach & Jackson (in Ittissam, 2012). The scale is distributed using googleform. Based on the results of the study, the correlation coefficient (r) = -0.677 with a sig value of 0.000 ($p < 0.05$) means that there is a negative relationship between self-efficacy and burnout in nurses at RSUD K.R.M.T. Wongsonegoro in Semarang. It means that the higher of burnout experienced then the lower of self-efficacy, otherwise the lower of burnout experienced by nurses at the hospital so they have the higher of self-efficacy.

KEYWORDS: Self-Efficacy, Burnout, Nurses

PENDAHULUAN

Saat ini dunia sedang menghadapi suatu penyakit infeksi saluran pernafasan yang disebabkan oleh virus corona jenis baru (SARS-CoV-2), dikenal dengan Coronavirus disease 2019 (COVID-19) yang pertama kali ditemukan di Wuhan-China. Rumah sakit menjadi salah satu fasilitas yang mendukung penanganan Covid-19. Rumah sakit merupakan tempat pelayanan kesehatan masyarakat, dalam UU

Lampiran 4 Lembar Bimbingan



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No	Hari/Tanggal	Saran	Paraf
1.	Kamis, 30 Oktober 2015	- Pengajuan judul Lubakar Review Peran self-Efficacy Dalam memediasi hubungan antara stres kerja dengan Burnout pada Tenaga keperawatan.	
2.	Bahut, 01 November 2015	ACC judul	
3.	Bahut 01 April 2016	- Bimbingan BAB 1-3 - penulisan bab 3 - Prisma	
4.	Kamis 17 April 2016	- Bimbingan BAB 1-5	
5.	Kamis 18 April 2016	- ACC - Pengajuan sidang	



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No	Hari/Tanggal	Saran	Paraf
1.	Kamisi 24 Oktober 2021	Pengajuan judul KIAM *Peran self Efficacy dalam memediasi hubungan antara stres kerja dengan burnout pada tenaga keperawatan.	/
2.	Jumadi 17 April 2026	Bimbingan BAB 1-5 - review bab 1 - review landasan teori - review penelitian	/
3.	Kamisi 30 April 2026	- ACC	/

Lampiran 5 Daftar Riwayat Hidup

Riwayat Hidup Peneliti



Dini Andhini lahir di Ciami, pada 01 September 2001. Peneliti merupakan anak kedua dari 2 bersaudara, dari pasangan suami istri dengan ayah Ikin dan Ibu Tuti Maryati. Peneliti berasal dan tinggal bersama keluarga di Dusun Mulyasari Rt04/Rw02 Desa Sindangsari, Kecamatan Kawali, Kabupaten Ciamis, Jawa Barat.

Peneliti menyelesaikan Pendidikan Sekolah Dasar di SD Negeri 1 Sindangsari dan lulus pada tahun 2014, Sekolah Menengah Pertama di SMP Negeri 1 Kawali dan lulus pada tahun 2017, serta Sekolah Menengah Atas di SMA Negeri 1 Kawali serta lulus pada tahun 2020 dan Lulus S1 Keperawatan dengan gelar S.Kep tahun 2025. Pada tahun yang sama pula, peneliti diterima di perguruan tinggi Universitas Galuh Ciamis pada program Pendidikan Profesi Ners, sampai dengan penyusunan KIAN ini masih terdaftar sebagai mahasiswa aktif di Fakultas Ilmu Kesehatan Universitas Galuh Ciamis.