

## ABSTRAK

### GAMBARAN BEBAN KERJA PERAWAT PELAKSANA DI PUSKESMAS RAWAT INAP WILAYAH KABUPATEN KUDUS TAHUN 2022

Pitri Framusinto

**Latar Belakang :** Beban kerja perawat merupakan suatu perbedaan antara kapasitas atau kemampuan perawat dengan tuntutan pekerjaan baik langsung maupun tidak langsung yang harus dihadapi. Hal tersebut berbeda antara perawat yang satu dengan yang lainnya. Gambaran beban kerja perawat pelaksana yang diteliti di puskesmas rawat inap wilayah kabupaten Kudus tahun 2022 memperlihatkan hasil yang berbeda dari tiap-tiap karakteristik responden, antara lain usia, jenis kelamin, tingkat pendidikan, status perkawinan, lama bekerja.

**Metode :** Penelitian deskriptif cross sectional dengan sampel penelitian sebanyak 41 perawat pelaksana dari total populasi 46 orang perawat yang bekerja di puskesmas rawat inap wilayah kabupaten Kudus, yang diambil dengan tehnik *Simple Random Sampling*. Instrumen penelitian yang digunakan adalah kuesioner karakteristik responden dari Nursalam.

**Hasil penelitian :** Hasil penelitian ini menunjukkan beban kerja berat sebanyak 2 responden (4,9 %), sedangkan sebanyak 39 responden (95,1%) merasakan beban kerja yang sedang.

**Simpulan :** berdasarkan hasil penelitian dapat disimpulkan bahwa sebagian besar perawat pelaksana yang bekerja di puskesmas rawat inap wilayah kabupaten Kudus merasakan beban kerja sedang. Dengan manajemen yang lebih baik, peningkatan kualitas hidup secara keuangan yang meningkat, serta pembagian pekerjaan sesuai dengan bidangnya diharapkan mengurangi beban kerja yang diterima dan dirasakan oleh perawat pelaksana di puskesmas rawat inap wilayah kabupaten Kudus

**Kata kunci :** Beban kerja, perawat pelaksana, puskesmas rawat inap

## ABSTRACT

### DESCRIPTION OF THE WORKLOAD OF IMPLEMENTING NURSES AT INPATIENT ROOM OF PUBLIC HEALT CARE KUDUS DISTRICT IN 2022

Pitri Framusinto

**Background :** The workload of nurses is a difference between the capacity or ability of nurses and the demands of work both directly and indirectly that must be faced. This differs from one nurse to another. The description of the workload of the implementing nurses studied at the inpatient puskesmas in the Kudus district in 2022 showed different results from each respondent's characteristics, including age, gender, education level, marital status, length of work.

**Methods:** Descriptive cross sectional study with a sample of 41 nurses from a total population of 46 nurses who work in inpatient health centers in the Kudus district, which was taken using the Simple Random Sampling technique. The research instrument used was a questionnaire on the characteristics of respondents from Nursalam.

**Result :** The results of this study indicate a heavy workload of 2 respondents (4.9%), while 39 respondents (95.1%) feel a moderate workload.

**Conclusion :** Based on the results of the study, it can be concluded that most of the implementing nurses who work in inpatient health centers in the Kudus district feel a moderate workload. With better management, improving the quality of life financially, as well as the division of work according to the field, it is expected to reduce the workload received and felt by the implementing nurses at the inpatient puskesmas in the Kudus district.

**Keywords:** Workload, implementing nurses, inpatient health centers.

## ABSTRACT

### ANXIETY LEVEL OF INFERTILE WOMAN PRE HYSTEROSALPINGOGRAPHY IN RADIOLOGY FLUOROSCOPY ROOM OF MARDI RAHAYU HOSPITAL KUDUS

**Retno Pujaningrum**

**Background :** HSG had factors that cause anxiety to excessive pain in infertile women who had the examination. Based on the results of interviews of researchers with infertile women who performed HSG examinations in the Radiology Installation of Mardi Rahayu Hospital in 2018 as many as 187 people explained that infertile women often experience verbal and verbal expressions of anxiety such as difficulty sleeping, palpitations, fear, feeling tense, no appetite, nausea and diarrhea.

**Methods:** Deskriptif cross sectional study with the sample in this study were 33 infertile women who would carry out HSG examinations in the Radiology Installation of Mardi Rahayu Kudus Hospital in the range of 25 March - 25 May 2019 taken with total sampling technique. The research instrument used was the questionnaire of respondents' characteristics and the scale of the Hamilton Rating Scale for Anxiety (HARS) to assess anxiety levels.

**Result :** The results of this study indicate that anxiety levels in infertile *pre-Hysterosalpingography* women were 3.0 % very severe anxiety or panic, 15.2% severe anxiety, 39.4% moderate anxiety, 33.3% mild anxiety and 9.1% no anxiety.

**Conclusion :** Based on the results of the study it can be concluded that the majority of infertile *pre-hysterosalpingography* women experience moderate anxiety levels. Giving relaxation music therapy was suggested to be one way to reduce anxiety in women before undergoing HSG examination. Related to the level of pain in women when implementing HSG was a suggestion for further research.

**Keywords:** Level of anxiety, infertile woman, Hysterosalpingography