

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Mei 2026
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Hubungan *Psychological Distress* Perawat Pelaksana Dengan Kinerja Perawat di Ruang Rawat Inap Rumah Sakit Tingkat III Baladhika Husada Jember, 2026.

xviii + 117 hal + 2 bagan + 12 Tabel + 18 Lampiran

Abstrak

Latar Belakang: Perawat pelaksana di ruang rawat inap rentan mengalami *Psychological Distress* akibat beban kerja, sistem *shift*, tugas administrasi, dan tekanan emosional, yang berisiko menurunkan kualitas pelayanan. Studi ini bertujuan menganalisis hubungan antara *Psychological Distress* dengan kinerja perawat di Ruang Rawat Inap RS Tingkat III Baladhika Husada Jember. **Metode:** Penelitian ini menggunakan desain korelasional dan pendekatan *cross-sectional*, penelitian ini menjadikan 52 perawat sebagai populasi. Sampel diambil menerapkan rumus Slovin dengan teknik *probability sampling*. Peneliti mengumpulkan data melalui kuesioner *Kessler/K10* dan kuesioner kinerja perawat, kemudian menganalisisnya dengan uji statistik Spearman Rank ($\alpha = 0,05$). **Hasil:** Hasil penelitian menunjukkan mayoritas perawat mengalami *Psychological Distress* kategori sedang (83%) dan sebagian besar memiliki kinerja perawat kategori cukup baik (51,1%). Hasil uji Spearman Rank menunjukkan nilai signifikansi $p = 0,001$ ($p < 0,05$) dengan koefisien korelasi $r = -0,601$ yang berarti terdapat hubungan kuat dengan arah negatif antara *Psychological Distress* dan kinerja perawat. **Diskusi:** Mayoritas perawat mengalami *Psychological Distress* tingkat sedang dengan kinerja yang cukup baik. Hasil uji *Spearman Rank* menunjukkan adanya hubungan negatif antara *Psychological Distress* dan kinerja perawat, sehingga semakin tinggi tekanan psikologis yang dialami maka kinerja perawat cenderung menurun. Kondisi ini dapat memengaruhi konsentrasi, komunikasi, serta kualitas pelayanan keperawatan kepada pasien. **Kesimpulan:** Perawat pelaksana diharapkan mampu mengelola stres dengan baik, menjaga pola istirahat, meningkatkan komunikasi dan tim kerja yang sama, serta menciptakan lingkungan kerja yang nyaman agar tekanan psikologis dapat menurun dan kinerja pelayanan kesehatan tetap optimal.

Kata Kunci: Kinerja Perawat, Perawat Pelaksana, *Psychological Distress*, Rawat Inap
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ABSTRACT

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Research Proposal, 2026
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The Relationship Between Psychological Distress Among Practicing Nurses and Nursing Performance in the Inpatient Ward of Baladhika Husada Hospital (Level III) in Jember, 2026.

xviii + 117 pages + 2 figures + 12 tables + 18 appendices

Abstract

Background: Staff nurses in inpatient wards are highly vulnerable to Psychological Distress due to heavy workloads, shift work, administrative duties, and emotional demands, which risk compromising the quality of healthcare services. This study aims to analyse the relationship between psychological distress among practicing nurses and nursing performance in the inpatient ward of Baladhika Husada Hospital (Level III) in Jember. **Methods:** This study utilized a correlational design with a cross-sectional approach, involving a population of 52 nurses. Sampling was conducted using the Slovin formula through a probability sampling technique. Data were collected via the Kessler Psychological Distress Scale (K10) and a nurse performance questionnaire, and subsequently analyzed using the Spearman Rank statistical test ($\alpha = 0.05$). **Results:** The findings indicated that the majority of nurses experienced moderate Psychological Distress (83%) and most demonstrated a fairly good level of performance (51.1%). The Spearman Rank test revealed a significance value of $p = 0.001$ ($p < 0.05$) with a correlation coefficient of $r = -0.601$, indicating a strong negative relationship between Psychological Distress and nurse performance. **Discussion:** The majority of nurses experienced moderate Psychological Distress while maintaining fairly good performance. However, the Spearman Rank test confirms a negative correlation, meaning that higher Psychological Distress tends to decline nurse performance. This psychological strain can negatively affect concentration, communication, and the overall quality of nursing care delivered to patients. **Conclusion:** Implementing nurses are expected to be able to manage stress well, maintain rest patterns, improve communication and teamwork, and create a comfortable work environment so that psychological stress can be reduced and health service performance remains optimal.

Keywords: Inpatient Ward, Nurse Performance, Psychological Distress, Staff Nurses

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