

## ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER

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Hubungan *Peer Support* dengan Tingkat Stres Kerja Perawat Pelaksana di Ruang Rawat Inap Rumah Sakit Tingkat III Baladhika Husada Jember  
Xv + 102 halaman + 2 bagan + 18 tabel + 15 lampiran

**Pendahuluan:** Perawat pelaksana di ruang rawat inap memiliki tuntutan kerja tinggi yang dapat memicu stres kerja. Salah satu faktor yang diduga berperan menurunkan stres kerja adalah *peer support* melalui dukungan emosional, informasi, dan kerja sama tim. Penelitian ini bertujuan mengetahui hubungan *peer support* dengan tingkat stres kerja perawat pelaksana di ruang rawat inap Rumah Sakit Tingkat III Baladhika Husada Jember. **Metode:** Penelitian menggunakan desain korelasional dengan pendekatan *cross sectional* pada 52 responden menggunakan teknik total sampling. Instrumen yang digunakan yaitu *Perceived Workplace Support Scale* (PWSS) dan *Expanded Nursing Stress Scale* (ENSS). Analisis data menggunakan uji *Spearman Rank* dengan tingkat signifikansi  $p \leq 0,05$ . **Hasil dan Analisis:** Sebagian besar responden memiliki *peer support* kategori tinggi (59,6%) dan tingkat stres kerja kategori rendah (84,6%). Hasil uji *Spearman Rank* menunjukkan p-value 0,001 dengan koefisien korelasi -0,518, yang berarti terdapat hubungan signifikan dengan arah negatif dan kekuatan sedang antara *peer support* dan stres kerja perawat pelaksana. **Diskusi:** Hasil penelitian menunjukkan bahwa Semakin tinggi *peer support*, semakin rendah tingkat stres kerja perawat. Dukungan sejawat membantu perawat menghadapi tekanan kerja, meningkatkan kerja sama tim, dan memperkuat koping, sehingga rumah sakit perlu membangun lingkungan kerja yang suportif melalui komunikasi dan kolaborasi antar perawat.

Kata Kunci: *Peer support*, perawat pelaksana, stres kerja

Daftar Pustaka: 48 (2022–2025)

## **ABSTRACT**

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*Relationship Between Peer Support and Work Stress Levels Among Staff Nurses in the Inpatient Ward of Level III Baladhika Husada Hospital Jember*

*Xv + 102 pages + 2 chart + 18 tables + 15 appendics*

**Introduction:** Staff nurses in inpatient wards face high work demands that may trigger work-related stress. One factor presumed to reduce work stress is peer support through emotional support, information sharing, and teamwork. This study aimed to determine the relationship between peer support and the level of work stress among staff nurses in the inpatient wards of Rumah Sakit Tingkat III Baladhika Husada Jember. **Methods:** This research uses a correlational design with a cross-sectional approach involving 52 respondents selected using a total sampling technique. The instruments used is Perceived Workplace Support Scale (PWSS) and the Expanded Nursing Stress Scale (ENSS). Data were analyzed using the Spearman Rank test with a significance level of  $p \leq 0.05$ . **Results and Analysis:** Most of the respondents have a high level of peer support (59.6%) and a low level of work stress (84.6%). The Spearman Rank test results showed a p-value of 0.001 with a correlation coefficient of -0.518, indicating a significant negative relationship with moderate strength between peer support and work stress among staff nurses. **Discussion:** The findings showed that higher peer support was associated with lower levels of work stress among nurses. Peer support helps nurses cope with work pressure, improves teamwork, and strengthens coping mechanisms. Therefore, hospitals need to create a supportive work environment through effective communication and collaboration among nurses.

*Keywords: Peer support, staff nurses, work stress*

*References: 48 (2022–2025).*