

ABSTRAK

ANALISIS PENERAPAN *FAMILY CENTERED CARE* TERHADAP BEBAN KERJA DAN CARING PERAWAT ANAK DI RSUD DR. SOETOMO SURABAYA

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Penerapan *family centered care* memerlukan kerjasama antara perawat dan orang tua pasien dengan pendekatan holistik dan filosofi dalam mencegah hospitalisasi. Namun, perawat di rawat inap anak memiliki tanggung jawab kerja yang tinggi akibat peran kompleks dalam proses perawatan yang harus berfokus pada pasien anak dan orang tua yang menyebabkan perawat memiliki beban kerja semakin berat yang dapat menurunkan tingkat caring perawat. Oleh karena itu, diperlukan analisis terkait penerapan *family centered care* terhadap beban kerja dan caring perawat. Penelitian ini menggunakan desain *cross-section* dengan sampel 92 pasien dan perawat anak di RSUD Dr. Soetomo. Penelitian ini dengan teknik purposive sampling untuk perawat anak dan teknik *simple random sampling* untuk keluarga pasien di ruang anak. Data penelitian dikumpulkan melalui kuesioner dari variabel penerapan family center care, beban kerja perawat, dan caring perawat. Data penelitian diolah dengan uji regresi logistik dengan nilai $p \leq 0,05$. Hasil uji regresi logistic menunjukkan bahwa nilai p values 0,001, sehingga dapat diartikan H_0 ditolak. Hal ini menunjukkan bahwa terdapat hubungan antara penerapan family center care dengan beban kerja dan caring perawat. Penerapan *family centered care* yang baik maka diikuti dengan beban kerja perawat yang rendah dan caring perawat yang baik. Penerapan family centered care dapat mengurangi beban kerja perawat anak dan meningkatkan caring perawat dalam melakukan kolaborasi dengan pasien dan keluarga pasien.

Kata Kunci : Beban Kerja, Caring, *Family Centered Care*, Perawat Anak

ABSTRACT

ANALYSIS OF IMPLEMENTING FAMILY CENTERED CARE ON THE WORKLOAD AND CARING OF CHILD NURSES AT DR. SOETOMO SURABAYA

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Implementing family centered care requires collaboration between nurses and patient parents with a holistic approach and philosophy in preventing hospitalization. However, nurses in pediatric inpatient settings have high work responsibilities due to their complex role in the care process which must focus on pediatric patients and parents which causes nurses to have an increasingly heavy workload which can reduce the level of caring for nurses. Therefore, analysis is needed regarding the application of family centered care to nurses' workload and caring. This study used a cross-section design with a sample of 92 patients and pediatric nurses at RSUD Dr. Soetomo. This research used a purposive sampling technique for pediatric nurses and a simple random sampling technique for families of patients in the pediatric ward. Research data was collected through questionnaires from the variables implementing family center care, nurse workload, and nurse care. Research data was processed using a logistic regression test with a p-value ≤ 0.05 . The results of the logistic regression test show that the p-value is 0.001, so it can be interpreted that H₀ is rejected. This shows that there is a relationship between the implementation of family center care with workload and caring nurses. The implementation of good family centered care is followed by low nurse workload and good caring nurses. Implementing family centered care can reduce the workload of pediatric nurses and increase caring for nurses in collaborating with patients and patient families.

Keywords: Caring, Family Centered Care, Pediatric Nurse, Workload