

## ABSTRAK

Peningkatan kasus COVID-19 mengakibatkan peningkatan beban yang sangat berat terhadap sistem pelayanan kesehatan di tanah air, termasuk pada tenaga kesehatan, selain aspek keselamatan dan perlindungan dari infeksi, risiko lain yang juga sangat berpotensi mempengaruhi kualitas hidup dan produktivitas pelayanan medis tenaga kesehatan adalah aspek kesehatan mental termasuk risiko *Burnout syndrome* atau kelelahan mental. Tujuan penelitian untuk mengetahui hubungan antara faktor demografi, Beban kerja dan dukungan sosial dengan terjadinya *Burnout Syndrom* di Masa Pandemi *Covid-19* pada perawat pelaksana. Desain penelitian crosssectional. Populasi penelitian adalah seluruh perawat covid-19 di RSI Siti hajar Sidoarjo sebanyak 172 perawat. Sampel diambil dengan teknik proportional random sampling sebanyak 120 responden. Data dikumpulkan dengan instrument kuesioner dan diolah dengan uji regresi linier berganda. Hasil penelitian menunjukkan bahwa faktor demografi yang mempengaruhi burnout syndrome adalah faktor jenis kelamin, masa kerja dan tingkat pendidikan karena nilai  $\rho < \alpha = 0,05$  sedangkan faktor usia, status pernikahan dan unit kerja tidak mempengaruhi. Beban kerja dan dukungan sosial juga mempengaruhi terjadinya burnout syndrome karena nilai  $\rho < \alpha = 0,05$ . Faktor dominan yang mempengaruhi terjadinya burnout syndrome adalah faktor dukungan sosial dengan nilai koefisien beta 0,725. Adanya hubungan yang suportif dengan tenaga kesehatan untuk dapat menciptakan kinerja tim yang baik dan menurunkan beban emosional yang dirasakan terkait pekerjaan.

**Kata Kunci : Faktor Demografi, Beban kerja, Dukungan Sosial, Burnout Syndrome**

## **ABSTRACT**

The increase in COVID-19 cases has resulted in a very heavy workload on the health care system in the country, including health workers. In addition to safety and protection from infection, another risk that has the potential to affect the quality of life and productivity of medical services for health workers is the health aspect. mental health, including the risk of Burnout syndrome or mental fatigue. The purpose of the study was to determine the relationship between demographic factors, workload and social support with the occurrence of Burnout Syndrome in the Covid-19 Pandemic Period in implementing nurses. Cross-sectional research design. The research population was all COVID-19 nurses at Siti Hajar Hospital Sidoarjo as many as 172 nurses. Samples were taken using proportional random sampling technique as many as 120 respondents. Data were collected with a questionnaire instrument and processed by multiple linear regression test. The results showed that the demographic factors that influenced burnout syndrome were gender, years of service and education level because the value of  $\leq 0.05$  while age, marital status and work unit did not affect. Workload and social support also affect the occurrence of burnout syndrome because the value of  $\leq 0.05$ . The dominant factor that affects the occurrence of burnout syndrome is the social support factor with the beta coefficient value 0,725. The existence of a supportive relationship with health workers to be able to create good team performance and reduce the emotional burden felt related to work.

**Keywords: Demographic Factors, Workload, Social Support, Burnout Syndrome**