

ABSTRAK

Hubungan Beban Kerja Berdasarkan Work Sampling Paruh Waktu Dengan Kepatuhan Perawat Dalam Implementasi Pencegahan Risiko Jatuh di Ruang Rawat Inap Rumkitban Sidoarjo

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Beban kerja perawat yang tinggi dapat memengaruhi kemampuan perawat dalam melaksanakan tindakan keselamatan pasien, termasuk implementasi pencegahan risiko jatuh. Penelitian ini bertujuan untuk mengetahui hubungan beban kerja berdasarkan *work sampling* paruh waktu dengan kepatuhan dalam implementasi pencegahan risiko jatuh pada perawat di Ruang Rawat Inap Rumkitban Sidoarjo. Penelitian menggunakan desain analitik korelasi dengan pendekatan *cross-sectional*. Populasi penelitian adalah seluruh perawat ruang rawat inap Rumkitban Sidoarjo sebanyak 35 orang. Teknik sampling menggunakan *total sampling*, sehingga seluruh populasi dijadikan sampel penelitian. Beban kerja diukur menggunakan lembar observasi *work sampling*, sedangkan kepatuhan dalam implementasi pencegahan risiko jatuh diukur menggunakan lembar observasi berdasarkan Standar Operasional Prosedur (SOP) Pencegahan Risiko Jatuh Rumkitban Sidoarjo. Analisis data menggunakan *crosstab*. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki beban kerja tinggi sebanyak 23 orang (65,7%) dan sebagian besar responden patuh dalam implementasi pencegahan risiko jatuh sebanyak 22 orang (62,8%), 34,3% dari responden yang mempunyai beban kerja tinggi tidak patuh dalam implementasi pencegahan risiko jatuh, dan 31,4% responden yang mempunyai beban kerja rendah patuh dalam implementasi pencegahan risiko jatuh. Hasil analisis menunjukkan bahwa semakin tinggi beban kerja perawat, maka kepatuhan dalam implementasi pencegahan risiko jatuh cenderung semakin rendah. Beban kerja tinggi menimbulkan besarnya tuntutan waktu dan aktivitas yang harus diselesaikan perawat, sehingga dapat memengaruhi konsentrasi, ketelitian, dan konsistensi perawat dalam melaksanakan setiap tindakan pencegahan risiko jatuh sesuai prosedur. Manajemen rumah sakit perlu melakukan pengelolaan beban kerja secara optimal melalui pengaturan distribusi tenaga, pembagian tugas yang seimbang, serta monitoring kepatuhan terhadap SOP pencegahan risiko jatuh.

Kata kunci: beban kerja, kepatuhan, pencegahan risiko jatuh, perawat

ABSTRACT

The Relationship Between Workload Based On Part-Time Work Sampling And Compliance With The Implementation Of Fall Risk Prevention Among Nurses In The Inpatient Ward Of Rumkitban Sidoarjo

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High nursing workload can affect nurses' ability to perform patient safety measures, including the implementation of fall risk prevention. This result aimed to determine the relationship between workload based on part-time work sampling and compliance with the implementation of fall risk prevention among nurses in the Inpatient Ward of Rumkitban Sidoarjo. This result employed a correlational analytic design with a cross-sectional approach. The study population consisted of all 35 nurses working in the Inpatient Ward of Rumkitban Sidoarjo. The sampling technique used was total sampling, whereby the entire population was included as the study sample. Workload was measured using a work sampling observation sheet, while compliance with the implementation of fall risk prevention was measured using an observation sheet based on the Standard Operating Procedure (SOP) for Fall Risk Prevention at Rumkitban Sidoarjo. Data were analyzed using a crosstab analysis. The results showed that the majority of respondents had a high workload, totaling 23 nurses (65.7%), while the majority of respondents were compliant with the implementation of fall risk prevention, totaling 22 nurses (62.8%). Among respondents with a high workload, 34.3% were non-compliant with the implementation of fall risk prevention, while 31.4% of respondents with a low workload were compliant with the implementation of fall risk prevention. The analysis indicated that the higher the nurses' workload, the lower their compliance with the implementation of fall risk prevention tended to be. A high workload creates substantial time demands and numerous activities that nurses must complete, which may affect their concentration, accuracy, and consistency in carrying out each fall risk prevention measure according to established procedures. Hospital management needs to optimize workload management through appropriate staff distribution, balanced task allocation, and continuous monitoring of compliance with the SOP for fall risk prevention.

Keywords: workload, compliance, fall risk prevention, nurses