

## ABSTRACT

The Relationship Between Workload and Sleep Quality Among Perioperative Nurses in the Operating Room at Mardi Waluyo Regional Hospital, Blitar City. Devan Ardiansyah (2024) Thesis, Undergraduate Applied Nursing Program, Nursing Department, Malang Health Polytechnic, Ministry of Health, Malang. Advisor (Primary) Sulastyawati, S.Kep., Ns., M.Kep. Advisor (Co-advisor) Supono, S.Kep., Ns., M.Kep., Sp.KMB.

Perioperative nurses bear significant responsibility in surgical nursing care. At RSUD Mardi Waluyo, there is only one morning shift and an *on-call* team for 24-hour emergencies, adversely affecting nurse sleep quality. This study aims to demonstrate the relationship between workload and perioperative nurse sleep quality, utilizing a cross-sectional approach with total sampling. Bivariate analysis using Spearman's Rank test revealed that nearly half of respondents with light workloads had good sleep quality (37.5%), whereas most experienced poor sleep quality (63.5%). Conversely, in the moderate workload group, none had good sleep quality, with all experiencing poor sleep quality (100%). Spearman's Rank test indicated a significant relationship between workload and sleep quality ( $p$  0.003), with a strong positive correlation coefficient ( $r$  0.548). Findings highlight a clear connection between workload and sleep quality among perioperative nurses. Heavier workloads correspond to poorer sleep quality, contrasting with the notion that lighter workloads ensure better sleep quality for perioperative nurses. Recommendations include managing rest periods, maintaining consistent sleep patterns, and effectively managing stress for perioperative nurses.

**Keywords : Workload, Sleep Quality, Perioperatif Nurse**