

**THE RELATIONSHIP BETWEEN WORKLOAD AND BURNOUT OF
OPERATING ROOM INSTRUMENT NURSES IN THE CENTRAL
SURGICAL INSTALLATION OF RSI AISYIYAH MALANG**

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ABSTRACT

Excessive workload in the operating room can cause instrument nurses to experience physical and emotional fatigue. Burnout is caused by differences in working hours, stress, high workload and lack of social support. These factors that are not properly addressed lead to burnout. This study focuses on instrument nurses in the operating room, where the workload is more than the circular and anesthesia nurses. The purpose of this study was to analyze the relationship between workload and burnout among operating room instrument nurses at the Central Surgical Installation of RSI Aisyiyah Malang. The research method used was cross-sectional. The study population was all instrument nurses of RSI Aisyiyah Malang with a sample size of 12 people using total sampling technique. Analysis of research data using rank spearman corellation hypothesis test. The results showed there was a relationship between workload and burnout in IBS instrument nurses RSI Aisyiyah Malang p value = 0.000 <0.05 almost all respondents (83.3%) experienced moderate workload and most respondents (58.3%) experienced moderate category burnout. The correlation coefficient shows a value of $r = 0.890$ that there is a relationship between workload and the incidence of burnout getting very strong correlation results. The correlation results show a positive value, the heavier the workload, the higher the incidence of burnout experienced by nurses. It is expected that instrument nurses and operating room management improve the comfortable working environment in the operating room.

Keywords : Workload, Burnout, Nursing Instrument Operating Room