

RELATIONSHIP BETWEEN ON-CALL WORKING HOURS AND WORK FATIGUE LEVELS AND MENTAL WELL-BEING OF OPERATING ROOM NURSES AT KARSA HUSADA HOSPITAL IN BATU CITY

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ABSTRACT

Operating room nurses play a vital role in ensuring patient safety and the success of surgical procedures, from preoperative preparation to postoperative care. The on-call system, which requires readiness outside of regular working hours, has the potential to cause work fatigue and mental well-being issues among nurses. Nurse fatigue increases the risk of errors or accidents at work that endanger patient safety. Declining mental well-being impacts concentration, motivation, and the quality of care provided. This study aims to analyze the relationship between on-call hours and the level of work fatigue and mental well-being of operating room nurses at Karsa Husada Regional General Hospital in Batu City. The method used was observational with a cross-sectional approach. The research sample consisted of all 24 operating room nurses in the central surgery unit at Karsa Husada Regional General Hospital in Batu City, using total sampling technique. Data analysis used the Spearman Rank Correlation test. Statistical test results show a strong relationship between the length of on-call work and the level of work fatigue ($p = 0.001$; $r = 0.713$). The positive correlation coefficient value indicates that the longer the on-call work, the higher the level of work fatigue. In addition, there is a moderate relationship between the length of on-call work and mental well-being ($p = 0.010$; $r = -0.514$). The negative correlation coefficient value indicates that the longer the on-call work, the lower the mental well-being.

Keywords : On-Call Duration, Work Fatigue, Mental Well-being, Operating Room Nurses.