

***THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE BASED
ON SALOVEY'S THEORY AND WORK STRESS LEVELS AMONG NURSES
IN THE CENTRAL SURGICAL INSTALLATION OF RSUD NGUDI***

WALUYO WLINGI

Beta Cipta Say, Imam Subekti

Applied Nursing Undergraduate Study Program Malang, Nursing Departement

Poltekkes Kemenkes Malang

Email : Betaciptasay@gmail.com

ABSTRACT

Background : Work-related stress in a common problem experienced by nurses, particularly those working in the Central Surgical Installation, due to high job demands, a complex work environment, and significant responsibility for patient safety. Poorly managed work stress can lead to decreased nurse performance, compromised patient safety, and reduced quality of nursing care. One factor believed to play an important role in managing work stress is emotional intelligence, defined as the ability to recognize, manage, and utilize emotions effectively, as described in Salovey's theory. **Objective :** This study aimed to analyze the relationship between emotional intelligence based on Salovey's theory and work stress levels among nurses in the Central Surgical Installation of RSUD Ngudi Waluyo Wlingi. **Methods :** This study employed a correlational design with a cross-sectional approach. Sample (total sampling) of 34 nurses. Emotional intelligence was measured using the Schutte Self-Report Emotional Intelligence Test (SSEIT), while work stress levels were measured using the Perceived Stress Scale (PSS-10). Data analysis was conducted using univariate and bivariate analysis with the Spearman Rank test. **Results :** The results indicated a significant relationship between emotional intelligence and nurses work stress levels, with a correlation coefficient of $r = -0,836$ and $p\text{-value} < 0,001$. The negative direction of the relationship indicates that higher emotional intelligence is associated with lower levels of work-related stress among nurses. **Conclusion and Recommendation :** There is a significant relationship between emotional intelligence based on Salovey's theory and work stress levels among nurses in the Central Surgical Installation of RSUD Ngudi Waluyo Wlingi. It is recommended that hospital management develop emotional intelligence enhancement programs, provide psychosocial support, improve communication between management and nurses, and ensure balanced workload management to reduce work stress and improve the quality of nursing care.

Keywords : emotional intelligence, work stress, nurses, Central Surgical Installation.