ANALYSIS OF FACTOR AFFECTING COMPASSION FATIGUE AMONG NURSE AT DR. RADJIMAN WEDIODININGRAT LAWANG HOSPITAL

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ABSTRACT

Background**:** *Compassion fatigue (CF) was found in 60% of inpatient nurses, manifested clinically as burnout as well as physical and emotional exhaustion. This condition was empirically proven through the results of the Professional Quality of Life Scale Version 5 (ProQOL-5) questionnaire.* ***Objective:*** *This study aims to analyze and identify the most dominant factors influencing the level of compassion fatigue in nurses at Dr. Radjiman Wediodiningrat Lawang Hospital.* ***Methods:*** *Employing a quantitative cross sectional research design, the variabels studied included socio-demographic characteristics (age, gender, education level, marital status, years of service), workload, and job satisfaction, against compassion fatigue. Data were collected using questionnaires and analyzed via the Spearman's Rank correlation test.* ***Result:*** *The majority of nurses experienced moderate compassion fatigue (63,8%), and 33,7% were at a severe level. Statistical test confirmed a significant relationship ($p < 0.05$) between compassion fatigue and workload ($p = 0.000$; $R = 0.471$), years of service ($p = 0.033$; $R = 0.471$), job satisfaction ($p = 0.000$; $R = 0.331$), age ($p = 0.002$), and gender ($p = 0.000$).* ***Conclucion:*** *Workload and years of service were identified as dominant factors that positively and significantly correlate with an increased level of compassion fatigue. It is recommended to implement structured debriefing session (weekly) following the management of traumatic cases and to conduct periodic evaluations of workload, as well as adjusting the nurses-patient ratio, especially in intensive care inpatient units, as mitigation strategy for compassion fatigue.*

Keywoard: compassion fatigue, nurses