THE RELATIONSHIP BETWEEN WORKLOAD AND SLEEP QUALITY WITH FATIGUE IN NURSES IN THE IHC HEMODIALYSIS ROOM AT LAVALETTE HOSPITAL, MALANG

Tedy Anang Syariqa

Occupational Safety and Health Study Program Poltekkes Kemenkes Malang,

Jl. Besar Ijen 77C Malang

Email : tedy_p17451214077@poltekkes-malang.ac.id

ABSTRACT

Background: High workload, long working hours, and responsibility for patient safety make nurses vulnerable to work fatigue. In addition to workload, sleep disturbance is one of the health and safety effects that can occur in workers that can increase the risk of fatigue in nurses. Work fatigue has an impact on decreased efficiency, skills, increased anxiety and the risk of work accidents. Research Objective: To analyze the relationship between workload and sleep quality with fatigue in Hemodialysis Ward nurses at IHC Lavalette Hospital Malang. Method: Quantitative cross-sectional correlation study. Sample calculation used a simple random sampling method with a total of 33 samples. Data collection was carried out by filling out the workload instrument by Nursalam (2016), Pittsburg Sleep Quality Index (PSQI) and Subjective Self Rating Test instruments tested with the Spearman rank test. Results: Based on the statistical output of workload (X_1) and nurse fatigue 0.045 < 0.05 indicating a significant relationship characterized by a positive direction and a low strength of association. While sleep quality (X_2) and nurse fatigue 0.022 < 0.05, signifying a significant relationship that is also positive in direction and low in strength. Conclusion: There is a relationship between workload, sleep quality, and fatigue among nurses in the Hemodialysis Unit at IHC Lavalette Hospital, Malang. This may be attributed to an inadequate nurse-to-patient ratio and the implementation of a shift work system.

KeyWords **:** *work load, sleep quality, fatigue, nurse, hemodialysis*