

THE RELATIONSHIP BETWEEN BURNOUT SYNDROME AND NURSE'S CARING BEHAVIOR ACCORDING TO WATSON'S THEORY AT MARDI WALUYO REGIONAL HOSPITAL BLITAR CITY

Tri Lestari Wulandari, Naya Ernawati, S.Kep., Ns., M.Kep
Nurul Hidayah, S.Kep.,Ns.,M.Kep, Dr. Tri Johan Agus Yuswanto, S.Kp., M.Kep
Applied Bachelor of Nursing Study Program, Department of Nursing,
Health Polytechnic of the Ministry of Health Malang
Email: wulansdm11@gmail.com

ABSTRACT

Nurses play an essential role in healthcare services; however, the high workload makes them vulnerable to burnout, which can lead to a decline in caring behavior. Currently, studies examining the relationship between burnout and nurses' caring behavior remain limited, especially those based on Watson's theory of caring. This study aims to determine the relationship between burnout syndrome and nurses' caring behavior based on Watson's theory at RSUD Mardi Waluyo, Blitar City. The research method used was a cross-sectional design. The study population included all nurses working in the operating room and inpatient ward (Dahlia Room) at RSUD Mardi Waluyo, with a total sample of 52 nurses using a total sampling technique. Data analysis was conducted using the Spearman rank correlation test. The results showed a significant relationship between burnout syndrome and caring behavior among nurses in the operating room and Dahlia inpatient ward, with a p-value of 0.000 (<0.05). Nearly half of the respondents (38.5%) experienced low levels of burnout syndrome, and almost half (28.8%) demonstrated good caring behavior. The correlation coefficient showed $r = 0.894$, indicating a very strong relationship between burnout syndrome and nurses' caring behavior. The positive correlation result suggests that the lower the level of burnout syndrome, the better the nurses' caring behavior. It is recommended that hospital management pay greater attention to burnout prevention efforts among nurses, as this condition significantly affects caring behavior. Strategies such as excellent service training and work rotation are needed to support nurses' psychological stability.

Keywords: Burnout syndrome, Caring behavior, Nurses