

**THE RELATIONSHIP BETWEEN WORKLOAD AND WORK  
STRESS OF NURSES WITH WORK-LIFE BALANCE OF  
PERIOPERATIVE NURSES AT IHC LAVALETTE HOSPITAL  
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**ABSTRACT**

*Nurses have a very important role in hospital operations, especially perioperative nurses who are responsible for various tasks, from preoperative preparation to postoperative care in the recovery room. High workload can lead to stress, which if not managed properly, can negatively impact nurses' work-life balance. The purpose of this study was to analyze the relationship between workload and work stress of nurses with the quality of work-life balance of perioperative nurses at Lavalette Hospital. The method used was cross-sectional. The study population was all perioperative nurses of Lavalette Hospital Malang with a sample size of 34 people using total sampling technique. Data analysis used rank spearman correlation hypothesis test. The results showed there was a relationship between workload and work stress with work-life balance in perioperative nurses of Lavalette Hospital Malang. The relationship between workload and work life balance  $p$  value =  $0.001 < 0.05$  and the relationship between work stress and work life balance  $p$  value =  $0.002 < 0.05$  most respondents (61.8) had moderate workload, most respondents (58.8%) experienced severe work stress and most respondents (58.8%) experienced low work life balance. The correlation coefficient of workload with work life balance shows the value of  $r = -0.535$  and the correlation coefficient of work stress with work life balance shows the value of  $r = -0.514$  that there is a relationship between workload and work stress with work life balance getting strong correlation results. The correlation results show a negative value, the heavier the workload and work stress, the lower the work-life balance experienced by perioperative nurses.*

*Keywords: Workload, Work Stress, Work-Life Balance, Perioperative Nurses.*