

Burnout pada Perawat ICU dan Strategi Resilience Training Berbasis Mindfulness

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Abstrak

Latar belakang: Perawat ICU memiliki tingkat burnout tertinggi (>60%) yang berdampak pada kualitas asuhan dan retensi staf. Mindfulness-Based Stress Reduction (MBSR) terbukti efektif di luar negeri namun belum diuji di konteks RS Indonesia. Tujuan: menguji efektivitas MBSR-modifikasi (8 minggu) terhadap burnout dan resilience perawat ICU. Metode: Quasi-experimental pre-post dengan kontrol pada 60 perawat ICU (30 intervensi, 30 kontrol) di 3 RS tipe A Jakarta. Intervensi: MBSR 8 minggu $\times$ 90 menit/sesi (body scan, mindful breathing, walking meditation, loving-kindness). Instrumen: Maslach Burnout Inventory (MBI) dan Connor-Davidson Resilience Scale (CD-RISC-25). Analisis paired t-test dan ANCOVA. Hasil: Burnout (emotional exhaustion) turun dari 32,1 jadi 22,4 di grup intervensi (p

Kata kunci: burnout, perawat ICU, resilience, mindfulness, MBSR, well-being perawat

Abstract (English)

Burnout in ICU Nurses and Mindfulness-Based Resilience Training Strategy

Background: ICU nurses have highest burnout rate (>60%) impacting care quality and retention. MBSR proven effective abroad but not tested in Indonesian hospital context. Objective: To test modified MBSR (8 weeks) effectiveness on ICU nurse burnout and resilience. Methods: Quasi-experimental pre-post with control on 60 ICU nurses (30 intervention, 30 control) at 3 type A Jakarta hospitals. Intervention: MBSR 8 weeks $\times$ 90 min/session (body scan, mindful breathing, walking meditation, loving-kindness). Instruments: MBI and CD-RISC-25. Paired t-test and ANCOVA. Results: Emotional exhaustion down from 32.1 to 22.4 in intervention (p

1 Pendahuluan

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2 Sitasi

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