

**HUBUNGAN *SELF-COMPASSION* DENGAN *BURNOUT* PADA PERAWAT  
INSTALASI RAWAT INAP, *INTENSIVE CARE* DAN IGD RSUD KRT.  
SETJONEGORO KABUPATEN WONOSOBO**

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**ABSTRAK**

Tenaga kesehatan diketahui memiliki karakteristik pekerjaan yang penuh tuntutan. Diantara tenaga kesehatan lainnya, perawat memiliki intensitas interaksi yang paling tinggi dengan pasien. Karakteristik profesi perawat dapat menjadi sumber stres dan bila gagal dikelola dengan baik dapat berujung pada *burnout*. *Self-compassion* membantu perawat untuk mengatasi situasi yang sulit dan menekan dengan cara yang sehat. Tujuan penelitian ini adalah mengetahui hubungan *self-compassion* dengan *burnout* pada perawat instalasi rawat inap, *intensive care*, dan IGD di RSUD KRT Setjonegoro. Populasi penelitian melibatkan sejumlah 164 perawat dan sampel penelitian sejumlah 97 perawat. Teknik pengambilan sampel dilakukan dengan *accidental sampling*. Data dikumpulkan dengan menggunakan modifikasi Skala Welas Diri (22 aitem valid,  $\alpha = 0,89$ ) serta modifikasi Skala *Maslach Trisni Burnout Inventory* (22 aitem valid,  $\alpha = 0,94$ ). Berdasarkan uji korelasi Kendall Tau diperoleh  $r_{xy} = -0,33$  dengan  $p = 0,000$  ( $p < 0,05$ ). Temuan tersebut mengindikasikan bahwa hipotesis penelitian diterima, yaitu terdapat hubungan negatif antara *self-compassion* dengan *burnout* pada perawat instalasi rawat inap, *intensive care*, dan IGD. Artinya semakin tinggi tingkat *self-compassion*, semakin rendah tingkat *burnout* pada perawat dan sebaliknya.

**Kata kunci:** *burnout*; *self-compassion*; perawat.

# THE RELATIONSHIP BETWEEN SELF-COMPASSION AND BURNOUT AMONG NURSES OF INPATIENT INSTALLATION, INTENSIVE CARE UNIT, AND EMERGENCY ROOM AT RSUD KRT. SETJONEGORO WONOSOBO REGENCY

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## ABSTRACT

Health workers are known to have demanding job characteristics. Among other health workers, nurses have the highest intensity of interaction with patients. The characteristics of the nursing profession can be a source of stress and if it fails to be managed properly, it can lead to burnout. Self-compassion helps nurses cope with difficult and stressful situations in a healthy way. The purpose of this study was to determine the relationship between self-compassion and burnout in inpatient installation, intensive care, and emergency room nurses at RSUD KRT. Setjonegoro. The research population involved a total of 164 nurses and a research sample of 97 nurses. The sampling technique was carried out by accidental sampling. Data were collected using Self-Compassion Scale (22 valid items,  $\alpha = 0,89$ ) and Maslach Trisni Burnout Inventory Scale (22 valid items,  $\alpha = 0,94$ ). Based on the Kendall Tau correlation test,  $r_{xy} = -0.33$  with  $p = 0.000$  ( $p < 0.05$ ). These findings indicate that the research hypothesis is accepted, namely that there is a negative relationship between self-compassion and burnout in inpatient installation, intensive care, and emergency room nurses. This means that the higher the level of self-compassion, the lower the level of burnout in nurses and vice versa.

**Keywords:** *burnout; self-compassion; nurses.*