

## ABSTRAK

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### **“COMPASSION FATIGUE PERAWAT PADA MASA PANDEMI COVID-19 DI WILAYAH KABUPATEN TANGERANG”**

(xiii + 56 Halaman; 1 Bagan; 5 Tabel; 10 Lampiran)

*Compassion Fatigue* (CF) sering diartikan sebagai konsekuensi rasa empati yang begitu besar yang diberikan oleh petugas kesehatan secara berulang-ulang saat merawat pasien. CF dapat terjadi di masing-masing unit kerja atau di tiap negara. Situasi pandemi menyebabkan petugas kesehatan khususnya perawat yang kontak langsung dengan pasien mengalami risiko tinggi infeksi, kelelahan kerja, ketakutan, kecemasan dan depresi. Tujuan penelitian untuk mengetahui gambaran *compassion fatigue* perawat dimasa pandemi COVID-19 di wilayah Kabupaten Tangerang dengan metode kuantitatif deskriptif dan teknik yang digunakan *convenience sampling*, pada 320 orang perawat. Instrumen yang digunakan kuesioner *Professional Quality of Life* (ProQoL) versi bahasa Indonesia untuk mengukur *burnout* (Cronbach Alpha 0.7) dan *secondary trauma stress* (Cronbach Alpha 0.749) dengan analisa data statistik deskriptif. Hasil penelitian ini menemukan bahwa 227 (70,9%) perawat di masa pandemi COVID-19 mengalami *compassion fatigue* pada kategori tinggi, dengan 294 (91.9%) perawat mengalami *burnout* pada kategori sedang, dan 276 (86,3%) perawat mengalami *secondary trauma stress* pada kategori sedang. Mengingat tingginya *compassion fatigue* yang terjadi sebagai dampak pandemi COVID-19, diharapkan penyedia layanan kesehatan dapat memberikan dukungan secara berkelanjutan untuk kesejahteraan emosional tenaga kesehatan yang terlibat khususnya perawat yang secara langsung menangani pasien COVID-19. Selain itu, penelitian selanjutnya bisa dilakukan dengan menggunakan populasi secara luas.

Referensi : (2010-2021)

Kata kunci : *Compassion Fatigue, Burnout, Sencondary Trauma Stress, COVID-19, Perawat*

## **ABSTRACT**

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### **“COMPASSION FATIGUE AMONG NURSES DURING PANDEMIC COVID-19 IN TANGERANG DISTRICT”**

*(xiii + 56 Page; 1 Charts; 5 Table; 10 Attachments)*

*Compassion fatigue is often interpreted as a consequence of the overwhelming sense of empathy given by health workers repeatedly while caring for patients. Compassion fatigue can occur in each work unit or in each country. The pandemic situation is causing health workers, especially nurses who have direct contact with patient experience a high risk of infection, crisis, fear and depression. The purpose of this study was to describe nurses compassion fatigue during COVID-19 pandemic in Tangerang with descriptive quantitative methods and used convenience sampling technique on 320 nurses. The instrument used was the Indonesian version of compassion fatigue questionnaire that was adopted from the Professional Quality of Life (ProQoL) questionnaire to measure burnout (Cronbach Alpha 0.7) and secondary trauma stress (Cronbach Alpha 0.749) with descriptive statistics data analyzed. The result of this study found that 227 (70.9%) nurses experienced high compassion fatigue, with 294 (91.9%) nurses moderately experienced burnout and 276 (86,3%) nurses moderately experienced secondary trauma stress. Given the high level of compassion fatigue that has occurred as a result of the COVID-19 pandemic, it is hoped that health service providers can provide ongoing support for the emotional well-being of health workers involved especially nurses directly handle COVID-19 patients. In addition, futher research can be carried out using a broad population.*

*Reference : (2010-2021)*

*Keywords : Compassion Fatigue, Burnout, Secondary Trauma Stress, COVID-19, Nurse*