

ABSTRAK

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KAJIAN LITERATUR: GAMBARAN KUALITAS HIDUP PERAWAT PADA MASA PANDEMI COVID – 19

(xii+ halaman; 1 Bagan; 4 Tabel, 4 Lampiran)

Latar belakang: Perawat sebagai garda terdepan dalam menangani pasien COVID-19 harus menggunakan APD level 3. Penggunaan APD level 3 mempengaruhi kualitas hidup perawat menjadi rendah dan berdampak secara fisik, psikologi, sosial, dan lingkungan. Kualitas hidup merupakan suatu persepsi seorang individu terkait keberfungsian dalam tatanan kehidupan. Kualitas hidup terdiri dari fisik, psikologis, sosial dan lingkungan. **Tujuan Penelitian:** Sebagai data dan informasi terkait gambaran kualitas hidup perawat pada masa pandemi COVID-19. **Metode :** Penelitian ini menggunakan kajian literatur pada artikel dengan metode penelitian *cross-sectional*. Database menggunakan google scholar, *ScienceDirect*, Medline, JSTOR dan PubMed. Pencarian artikel melalui database menggunakan *boolean*, proses seleksi menggunakan *Flow Diagram PRISMA* dan *JBI Critical Appraisal for analytical cross-sectional studies*. **Hasil:** Didapatkan 7 artikel penelitian kualitas hidup perawat tinggi, sedang, dan buruk. Kualitas hidup yang buruk mengalami gejala berupa *compassion fatigue*, *burnout*, *compassion satisfaction*, and *perceived stress*, depresi, kecemasan, insomnia, somatisasi hingga *burnout*. Perawat yang bekerja di fasilitas COVID-19 memiliki pengaruh pada aspek kualitas hidup yaitu kecemasan, depresi, stress, kualitas tidur yang kurang baik, dan kurangnya dukungan sosial dari keluarga. **Diskusi:** Perawat yang menangani pasien COVID-19 mengalami penurunan kualitas hidup secara fisik, psikologi, sosial, dan lingkungan, sehingga membutuhkan penanganan seperti manajemen coping, konseling, dan mendapatkan tempat tinggal yang nyaman.

Kata Kunci : Kualitas hidup, Perawat COVID

Referensi : 54

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(xi+ pages; 1 Chart; 4 Tables, 4 Attachments)

Background: Nurses at the forefront of dealing with COVID-19 patients must use PPE level 3. The use of PPE level 3 affects the quality of life of nurses to be low and has a physical, psychological, social, and environmental impact. Quality of life is an individual's perception of function in the order of life. Quality of life consists of physical, psychological, social and environmental. **Research Objectives:** As data and information related to the overview of nurses' quality of life during the COVID-19 pandemic. **Methods:** This study uses literature review in articles with cross-sectional research methods. The database uses google scholar, ScienceDirect, Medline, JSTOR and PubMed. Search for articles through databases using boolean, selection process using PRISMA Flow Diagram and JBI Critical Appraisal for analytical cross-sectional studies. **Results:** Obtained 7 articles of research on the quality of life of nurses is high, medium, and bad. Poor quality of life experiences symptoms in the form of compassion fatigue, burnout, compassion satisfaction. and perceived stress, depression, anxiety, insomnia, somatization to burnout. Nurses working in COVID-19 facilities have an influence on aspects of quality of life, namely anxiety, depression, stress, poor sleep quality, and lack of social support from family. **Discussion:** Nurses who treat COVID-19 patients experience a decline in quality of life physically, psychologically, socially, and environmentally, so they need treatment such as coping management, counseling, and getting a comfortable place to live.

Keywords: Quality of life, and COVID Nurse

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