

INTISARI

PENGARUH *SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE* (SEFT) TERHADAP BURNOUT PERAWAT DI RUANG IGD RSUD dr. SOEDIRAN MANGUN SUMARSO KABUPATEN WONOGIRI

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Latar belakang: *Burnout* menjadi persoalan serius di rumah sakit karena dapat menimbulkan berbagai dampak negatif baik bagi perawat, pasien maupun tempat kerja. Salah satu upaya yang dapat dilakukan untuk mengatasi *burnout* pada perawat melalui terapi *Spiritual Emotional Freedom Technique* (SEFT) untuk menekan gejala *burnout*.

Tujuan: mengetahui pengaruh *Spiritual Emotional Freedom Technique* (SEFT) terhadap *burnout* perawat di ruang IGD RSUD dr. Soediran Mangun Sumarso Kabupaten Wonogiri.

Metode: Rancangan penelitian adalah pre eksperimental dengan desain *one group pretest-posttest design*. Populasi dalam penelitian ini adalah 28 perawat IGD pada bulan Desember 2022. Teknik pengambilan sampel dalam penelitian ini menggunakan total sampling sebanyak 28 sampel. Penelitian ini telah dilakukan di ruang IGD RSUD dr. Soediran Mangun Sumarso Kabupaten Wonogiri. Data penelitian di analisis menggunakan uji *paired samples test*.

Hasil: Penelitian menunjukkan *burnout* sebelum dilakukan SEFT rata-rata 47,71 dan setelah dilakukan SEFT rata-rata 40,14. Hasil uji *paired samples test* diketahui p value 0,001 ($p < 0,05$).

Kesimpulan: ada pengaruh *spiritual emotional freedom technique* (SEFT) terhadap *burnout* perawat di ruang IGD RSUD dr. Soediran Mangun Sumarso Kabupaten Wonogiri.

Kata kunci: *Burnout*, SEFT, Perawat

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ABSTRACT

THE EFFECT OF SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT) ON NURSE BURNOUT IN THE IGD RSUD DR. SOEDIRAN MANGUN SUMARSO WONOGIRI REGENCY

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Background: Burnout is a serious problem in hospitals because it can negatively impact nurses, patients and the workplace. An effort to overcome burnout in nurses is the Spiritual Emotional Freedom Technique (SEFT) therapy to suppress burnout symptoms.

Objectives: To determine the effect of the Spiritual Emotional Freedom Technique (SEFT) on nurse burnout in the emergency room (IGD) of RSUD dr. Soediran Mangun Sumarso, Wonogiri Regency.

Method: The research design was a pre-experimental one group pretest-posttest design. The population were 28 emergency room nurses in December 2022. The sampling technique used a total sampling with 28 samples. This research was conducted in the emergency room of RSUD dr. Soediran Mangun Sumarso Wonogiri

Regency. The research data were analyzed using the paired samples test.

Results: Research shows the burnout before SEFT averaged 47.71 and after SEFT averaged 40.14. The results of the paired samples test show that the p value is 0.001 ($p < 0.05$).

Conclusion: The spiritual emotional freedom technique (SEFT) affects nurse burnout in the emergency room of RSUD Dr Soediran Mangun Sumarso Wonogiri Regency.

Keywords: Burnout, SEFT, Nurse

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