

ABSTRACT

THE INFLUENCE OF SELF EFFICACY AND SOCIAL SUPPORT ON BURNOUT IN NURSES

*(Research Study on Emergency Room Nurses at RSUD Dr. Soekardjo
Tasikmalaya)*

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This study aims of research is to find out how self efficacy and social support affect burnout in emergency room nurse at RSUD Dr. Soekardjo, how to determine the influence of self efficacy on burnout in emergency room nurse at RSUD Dr. Soekardjo Tasikmalaya, the influence of social support on burnout in emergency room nurse at RSUD Dr. Soekardjo Tasikmalaya and the influence of self efficacy and social support on burnout in emergency room nurses at RSUD Dr. Soekardjo Tasikmalaya. This research uses quantitative methods. The population in this study was 31 emergency room employees at RSUD Dr. Soekardjo. The sampling technique in this research was a total sampling of 31 people. Data analysis in this study used multiple linear analysis with SPSS 20 version. The results of the study showed that the higher the self efficacy and the higher the social support, the lower the burnout, so that self efficacy and social support had a significant effect on burnout in emergency room nurses at RSUD Dr. Soekardjo. Self efficacy negatively has a significant effect on burnout in emergency room nurses at RSUD Dr. Soekardjo. Social support has a partially negative and significant effect on burnout in emergency room nurses at RSUD Dr. Soekardjo.

Key words: self efficacy, social support, burnout

ABSTRAK

PENGARUH *SELF EFFICACY* DAN DUKUNGAN SOSIAL TERHADAP *BURNOUT* PADA PERAWAT (Studi Penelitian Pada Perawat IGD RSUD Dr. Soekardjo Tasikmalaya)

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Tujuan dari penelitian ini adalah untuk mengetahui dan menganalisis *self efficacy*, dukungan sosial, dan *burnout* serta pengaruh *self efficacy* dan dukungan sosial terhadap *burnout* pada perawat IGD RSUD Dr. Soekardjo Tasikmalaya. Penelitian ini menggunakan metode kuantitatif. Populasi dalam penelitian ini sebanyak 31 orang pegawai IGD RSUD Dr. Soekardjo. Teknik pengambilan sampel dalam penelitian ini yaitu total sampling sebanyak 31 orang. Analisis data dalam penelitian ini menggunakan analisis linear berganda dengan SPSS versi 20. Hasil penelitian menunjukkan bahwa semakin tinggi *self efficacy* dan semakin tinggi dukungan sosial maka akan menurunkan *burnout* sehingga *self efficacy* dan dukungan sosial berpengaruh signifikan terhadap *burnout* pada perawat IGD RSUD Dr. Soekardjo. *Self efficacy* negatif berpengaruh signifikan terhadap *burnout* pada perawat IGD RSUD Dr. Soekardjo. Dukungan sosial negatif berpengaruh signifikan terhadap *burnout* pada perawat IGD RSUD Dr. Soekardjo.

Kata kunci: *self efficacy*, dukungan sosial, *burnout*