

# The Influence Of Work *Shifts* On Nurses' Job Burnout In RSUD Madiun City year 2023

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## ABSTRACT

A hospital is an institution that operates in the health sector, with the main objective to meet the health needs of the community in a certain geographical area. Based on the results of a preliminary study using a questionnaire instrument, it was found that 65% of the respondents, who are nurses in the inpatient room, experienced work fatigue. This illustrates that nurses working in the inpatient room experience fatigue in carrying out their duties. The purpose of this research was to determine the effect of *shift* work on fatigue in nurses at RSUD Madiun City.

The type of research used was the Exposed Facto analytical method, which is a study conducted with the aim of studying the cause and effect between work fatigue on morning *shift*, afternoon *shift*, and night *shift* employees using questionnaires and observations. The sample was taken using simple random sampling, taking 64 inpatient unit nurses.

The result of the Anova statistical test obtained a p-value of 0.000, which states that H<sub>0</sub> is rejected, meaning there is a difference or influence between shift work and work fatigue. Because the p-value is smaller than  $\alpha$  ( $p < 0.005$ ), it means there is a significant influence between *shift* work and work fatigue.

The conclusion of this research is that there is an influence of *shift* work on work fatigue in nurses at RSUD Madiun City. A worker's productivity can be influenced by physical and psychological fatigue, which results in a decrease in productivity in nurses. *Shift* work can have negative impacts, one of which is the occurrence of fatigue.

Keyword : Work *Shift*, Work Fatigue, Nurse