

HUBUNGAN *GRIT* DAN *JOB BURNOUT* DITINJAU DARI TIPE KEPERIBADIAN EKSTROVERT DAN INTROVERT PADA PERAWAT

Diajukan kepada Universitas Islam Negeri Sunan Ampel Surabaya untuk
memenuhi salah satu persyaratan dalam menyelesaikan program strata satu (S1)
Psikologi (S.Psi)



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FAKULTAS PSIKOLOGI DAN KESEHATAN
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SURABAYA
2024**

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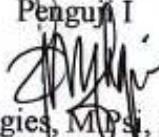
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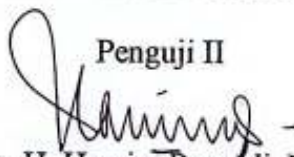
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INTISARI

Penelitian ini bertujuan untuk mengetahui hubungan *Grit* dengan *Burnout* dan fungsi tipe kepribadian ekstrovert pada perawat sebagai moderator. Alat ukur yang digunakan dalam penelitian ini yaitu skala *Burnout*, *Grit* dan kuesioner tipe kepribadian Eysenck. Sample penelitian ini berjumlah 130 responden dengan Teknik pengambilan simple random *sample*. Responden merupakan perawat rawat inap di salah satu rumah sakit pendidikan di Gresik dengan kriteria sarjana dan diploma keperawatan Ners. Analisis kuantitatif dalam penelitian ini menggunakan metode moderated regression analysis untuk pengujian hipotesis. Hasil menunjukkan bahwa hipotesis pertama diterima ($\text{sig} < 0.05$) yakni terdapat hubungan negatif antara *Grit* dengan *Job Burnout* pada perawat. Semakin tinggi *grit* yang dimiliki individu, maka *Burnout* semakin rendah. Hasil analisis juga menunjukkan bahwa hipotesis kedua ditolak ($\text{sig} > 0.05$). Tipe kepribadian ekstrovert yang dimiliki oleh perawat tidak memoderasi hubungan *grit* dengan *Job Burnout* namun tipe kepribadian *ekstrovert* dapat digunakan sebagai variable *independent predictor* dari pengalaman *Burnout*.

Kata Kunci: *grit*, *burnout*, tipe kepribadian *ekstrovert*, perawat

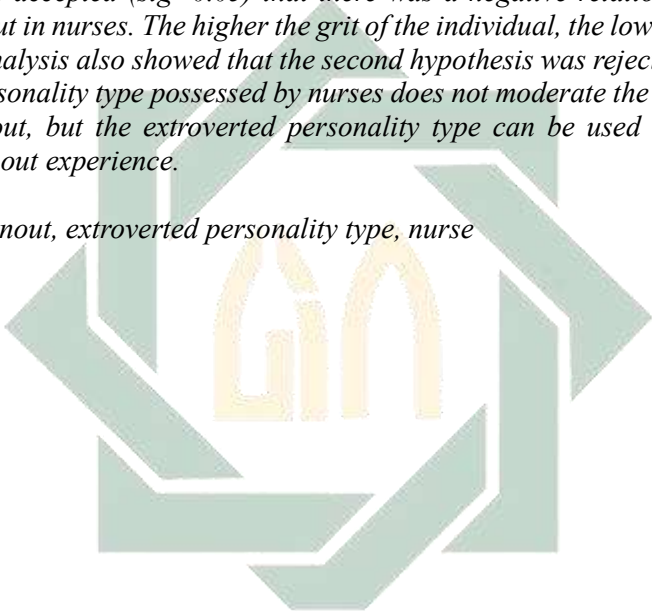


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ABSTRACT

Two years since the whole world experienced a pandemic due to the coronavirus, health workers, especially nurses, are more vulnerable to burnout. This study aims to determine the relationship between Grit and burnout and the function of extroverted personality types in nurses as moderators. The measuring instruments used in this study were the Burnout, Grit scale, and Eysenck personality questionnaire. The sample of this study amounted to 130 respondents with a simple random sample collection technique. The respondent was an inpatient nurse at one of the teaching hospitals in Gresik with the criteria for a bachelor's and a diploma in nursing. Quantitative analysis in this study uses moderated regression analysis method for hypothesis testing. The results showed that the first hypothesis was accepted ($\text{sig} < 0.05$) that there was a negative relationship between Grit and Job Burnout in nurses. The higher the grit of the individual, the lower the burnout. The results of the analysis also showed that the second hypothesis was rejected ($\text{sig} > 0.05$). The extroverted personality type possessed by nurses does not moderate the relationship of grit with job burnout, but the extroverted personality type can be used as a predictor variable of the burnout experience.

Keywords: *grit, burnout, extroverted personality type, nurse*



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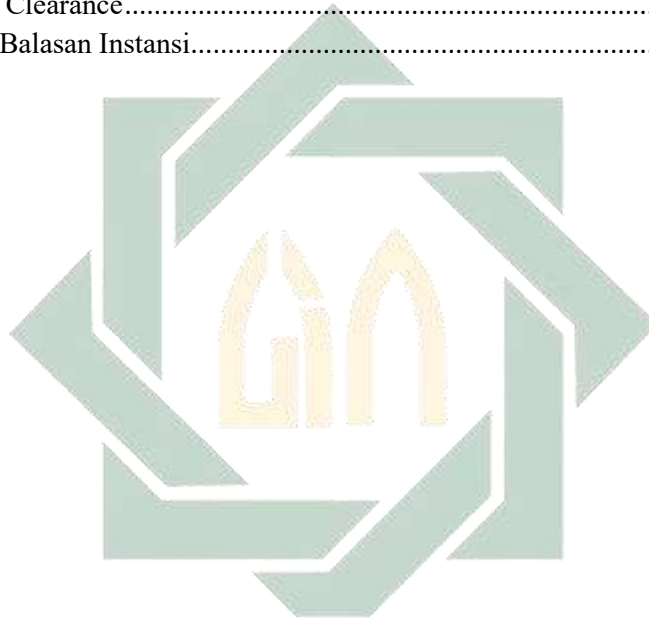
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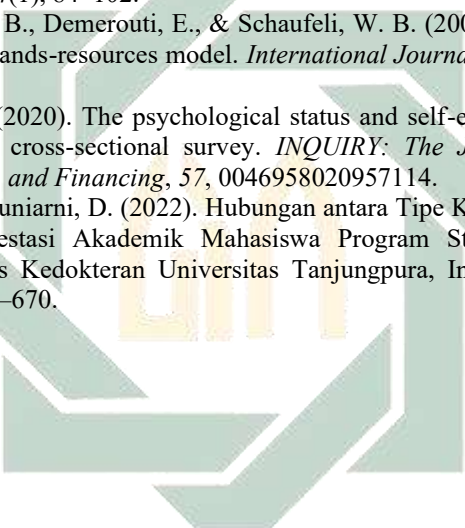
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