

DESCRIPTION OF WORK-LIFE BALANCE ON COVID-19 NURSES AT HOSPITAL X JAKARTA SELATAN

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ABSTRACT

The purpose of this study was to see a description of the work-life balance of COVID-19 nurses at RS X South Jakarta. This type of qualitative research method with a phenomenological approach. In this study, the research subjects were nurses who worked at RS X South Jakarta, married and unmarried men and women, age ranged from 21-35 years old, physically and mentally healthy. In this study, there are four dimensions of work-life balance, namely WIPL (Work Interference Personal Life), PLIW (Personal Life Interference Work), PLEW (Personal Life Enhancement Of Work), WEPL (Work Enhancement Of Personal Life). Based on the results of the study showed that each subject has a different work-life balance. The four subjects can be communicated through video calls or other telephones to treat homesickness, and keep communication in harmony.

Keywords: Work-life balance, Covid-19 Nurse

**GAMBARAN *WORK-LIFE BALANCE* PADA PERAWAT COVID-19 DI
RUMAH SAKIT X JAKARTA SELATAN**

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ABSTRAK

Tujuan dari penelitian ini adalah ingin melihat gambaran *work-life balance* pada perawat covid-19 di RS X Jakarta Selatan. Jenis penelitian metode kualitatif dengan pendekatan fenomenologis. Pada penelitian ini subjek penelitiannya adalah perawat yang bekerja di RS X Jakarta Selatan, laki-laki dan perempuan yang sudah menikah dan belum menikah, rentang usia dari 21-35 tahun, sehat jasmani dan rohani. Dalam penelitian ini terdapat empat dimensi *work-life balance* yaitu WIPL (*Work Interference Personal Life*), PLIW (*Personal Life Interference Work*), PLEW (*Personal Life Enhancement Of Work*), WEPL (*Work Enhancement Of Personal Life*). Berdasarkan hasil penelitian menunjukkan bahwa setiap masing-masing subjek memiliki *work-life balance* yang berbeda. Pada keempat subjek dapat berkomunikasi melalui video call atau telpon lainnya untuk mengobati rasa rindu, dan menjaga komunikasi agar tetap harmonis.

Kata kunci: *Work-life balance*, Perawat Covid-19