

BAB VI

KESIMPULAN DAN SARAN

6.1 Kesimpulan

- 6.1.1 Perawat baru di RS X pada kelompok intervensi dan kelompok kontrol persentase terbesar jenis kelamin perempuan, umur pada kisaran usia < 25 tahun, pendidikan D3 dan stress kerja berada pada *mild stress*.
- 6.1.2 Pelaksanaan *peer learning* pada kelompok intervensi meningkatkan rata-rata skor pengetahuan 4.51 (10.38%). secara bermakna $p = 0.000$, $\alpha = 0.05$, sedangkan pada kelompok kontrol 0.63 (1.36%) dengan nilai $p = 0.094$
- 6.1.3 Pelaksanaan *peer learning* pada kelompok intervensi menurunkan rata-rata skor stress kerja 12.17 (21.20%) secara bermakna $p = 0.000$, $\alpha = 0.05$, sedangkan pada kelompok intervensi 0.51 (0.97%) dengan nilai $p = 0.388$
- 6.1.4 Ada pengaruh yang signifikan pelaksanaan *peer learning* terhadap peningkatan pengetahuan perawat baru dengan nilai $p = 0.000$ dan kemungkinan mengalami peningkatan pengetahuan sebesar 13 kali. Tidak ada hubungan antara variabel perancu dan peningkatan pengetahuan perawat baru
- 6.1.5 Ada pengaruh yang signifikan pelaksanaan *peer learning* terhadap penurunan stres kerja perawat baru dengan nilai $p = 0.000$, dan kemungkinan mengalami penurunan stress kerja sebesar 27 kali. Tidak ada hubungan antara variabel perancu dan penurunan stress kerja perawat baru.

6.2 Saran

Berdasarkan kesimpulan, disarankan sebagai berikut:

6.2.1 Bagi pelayanan rumah sakit

Agar dapat menjalankan program *peer learning* untuk perawat klinis secara terjadwal, diikuti bimbingan dan pelatihan untuk mendapatkan kualitas pengetahuan yang baik dan mengurangi stres kerja perawat.

6.2.2 Bagi peneliti

Perlu dilakukan penelitian lebih lanjut, mengenai pengetahuan dan stress kerja, dengan dengan periode pelaksanaan *peer learning* yang lebih lama.

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