

COPING STRESS PADA PERAWAT RSUD “X” DI JAWA BARAT SELAMA MASA PANDEMI

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ABSTRAK

Saat ini, dunia masih berada pada masa pandemi COVID-19. Pada bidang kesehatan dampak dari pandemi COVID-19 cukup besar, terutama pada perawat yang menjadi garda terdepan dalam menangani masa pandemi. Beban dari risiko dan tanggung jawab yang harus diterima perawat meningkat lebih banyak dari situasi pada sebelumnya, sehingga berisiko mengalami masalah psikologis berupa stres ringan hingga berat. Tujuan dari penelitian ini adalah untuk mengetahui coping stress perawat RSUD “X” di Jawa Barat selama masa pandemi. Penelitian ini menggunakan metode kualitatif. Teknik pengumpulan data dilakukan dengan wawancara, observasi, dan dokumentasi. Responden yang dilibatkan dalam penelitian ini berjumlah 3 orang yang merupakan seorang perawat berusia 25-35 tahun. Responden diperoleh menggunakan teknik purposive sampling. Dari hasil penelitian menunjukkan bahwa ketiga responden memenuhi fungsi dan bentuk coping stress berdasarkan teori yang dikemukakan oleh Lazarus, dkk (1986), namun fungsi coping stress yang dominan digunakan ialah emotional focused coping, yaitu 1) positive reappraisal, 2) escape avoidance, 3) self control, dan 4) accepting responsibility. Sedangkan pada problem focused coping, yaitu 1) seeking social support dan 2) planful problem solving.

Kata kunci: Coping Stress, Pandemi COVID-19, Perawat

COPING STRESS OF NURSES AT “X” RSUD IN WEST JAVA DURING PANDEMIC

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ABSTRACT

Currently, the world is still in the midst of the COVID-19 pandemic. In the health sector, the impact of the COVID-19 pandemic is quite large, especially for nurses who are at the forefront of dealing with the pandemic. The burden of risks and responsibilities that nurses have to accept increases more than the previous situation, so they are at risk of experiencing psychological problems in the form of mild to severe stress. The purpose of this study was to determine the stress coping of nurses at RSUD "X" in West Java during the pandemic. This study uses a qualitative method. Data collection techniques were carried out by interview, observation, and documentation. Respondents involved in this study amounted to 3 people who are nurses aged 25-35 years. Respondents were obtained using purposive sampling technique. The results showed that the three respondents fulfilled the function and form of stress coping based on the theory proposed by Lazarus, et al (1986), but the dominant stress coping function used was emotional focused coping, namely 1) positive reappraisal, 2) escape avoidance, 3) self control, and 4) accepting responsibility. While the problem focused coping, namely 1) seeking social support and 2) planful problem solving.

Keywords: Coping Stress, COVID-19 Pandemic, Nurse