

STRATEGI COPING PASIEN COVID-19 PADA DEWASA MADYA

Erliana Pangestuti
Aneke Dewi Rahayu

Program Studi Psikologi, Fakultas Bisnis & Humaniora
Universitas Teknologi Yogyakarta
Email: erlianapangestuti0808@gmail.com

ABSTRAK

Penelitian ini bertujuan untuk mengetahui strategi coping pasien COVID-19 pada dewasa madya dalam menghadapi virus COVID-19. Berdasarkan data yang diperoleh dari Dinas Kesehatan Yogyakarta (2021) menunjukkan bahwa Kota Yogyakarta pada bulan Juli 2020 sampai bulan Mei 2021 usia 41-60 tahun menempati persentase tertinggi pasien COVID-19 yaitu sebanyak 128 kasus. Data tersebut menunjukkan bahwa perbandingan usia terpapar virus COVID-19 pada usia 41-60 tahun menduduki persentase tertinggi dari kalangan usia lainnya. Adanya virus COVID-19 tersebut membawa dampak psikologis pada pasien COVID-19 saat menghadapi virus COVID-19 yaitu rasa khawatir, cemas serta rasa takut. Tentunya hal tersebut menjadi sebuah tantangan tersendiri bagi pasien COVID-19 dalam menghadapi virus COVID-19. Metode penelitian yang digunakan adalah metode penelitian kualitatif dengan pendekatan studi kasus. Metode pengumpulan data dengan menggunakan wawancara semi-terstruktur, observasi non partisipan dan dokumentasi. Partisipan dalam penelitian ini yaitu tiga orang pasien COVID-19 berusia dewasa madya yaitu usia 40-60 tahun. Partisipan diperoleh dengan menggunakan teknik purposive sampling. Hasil penelitian ini menunjukkan bahwa ketiga subjek memiliki strategi coping, dimana ketiga subjek mencakup emotional focused coping dan problem focused coping yaitu dapat mengatasi rasa khawatir, cemas serta rasa takut saat menghadapi virus COVID-19 yang ditunjukkan subjek dengan sikap tetap optimis, berpikir positif, mencari dukungan dan melakukan tindakan alternatif yang dapat mengurangi dampak stres.

Kata kunci: Dewasa Madya, Pasien COVID-19, Strategi Coping

COPING STRATEGIES FOR COVID-19 PATIENTS IN MIDDLE ADULTS

**Erliana Pangestuti
Aneke Dewi Rahayu**

Department of Psychology, Faculty of Business & Humanities
University of Technology Yogyakarta
Email: erlianapangestuti0808@gmail.com

ABSTRACT

This study aims to determine the coping strategies of middle-adult COVID-19 patients in dealing with the COVID-19 virus. Based on data obtained from the Yogyakarta Health Office (2021) it shows that the City of Yogyakarta from July 2020 to May 2021 age 41-60 years occupies the highest percentage of COVID-19 patients, which is 128 cases. The data shows that the ratio of age exposed to the COVID-19 virus at the age of 41-60 years occupies the highest percentage of other ages. The existence of the COVID-19 virus has a psychological impact on COVID-19 patients when dealing with the COVID-19 virus, namely worry, anxiety and fear. Of course, this is a challenge for COVID-19 patients in dealing with the COVID-19 virus. The research method used is a qualitative research method with a case study approach. Methods of data collection using semi-structured interviews, non-participant observation and documentation. The participants in this study were three middle-adult COVID-19 patients aged 40-60 years. Participants were obtained by using purposive sampling technique. The results of this study indicate that the three subjects have coping strategies, where the three subjects include emotional focused coping and problem focused coping, namely being able to overcome worry, anxiety and fear when facing the COVID-19 virus which is shown by the subject with an optimistic attitude, positive thinking, seeking support and take alternative actions that can reduce the impact of stress.

Keyword: *Coping Strategies, COVID-19 Patients, Middle Adults*