

Hubungan antara coping self efficacy dan burnout pada perawat = The relationship between coping self efficacy and burnout among nurses

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Abstrak

Penelitian ini bertujuan untuk melihat hubungan antara coping self-efficacy dan burnout pada perawat. Pengukuran coping self-efficacy menggunakan alat ukur Coping Self-Efficacy Scale (Chesney dkk., 2006) yang memiliki tiga subskala, yaitu use problem focused coping, stop unpleasant thoughts and emotions, dan get support from family and friends dengan total 26 item. Pengukuran terhadap burnout menggunakan alat ukur Maslach Burnout Inventory-Human Service Survey (Maslach & Jackson, 1981) yang memiliki tiga dimensi, yaitu emotional exhaustion, depersonalization, dan menurunnya sense of personal accomplishment dengan total 22 item. Jumlah partisipan yang diperoleh sebanyak 131 perawat. Hasil utama penelitian menunjukkan bahwa terdapat hubungan yang negatif dan signifikan antara coping self-efficacy dan burnout pada perawat, yang berarti semakin tinggi coping self-efficacy perawat, semakin rendah burnout yang dirasakan.

.....The aim of this study is to investigate whether any relationship between coping self-efficacy and burnout among nurses. Coping self-efficacy was measured by Coping Self-Efficacy Scale (Chesney et al., 2006) which has three subscales, namely use problem focused coping, stop unpleasant thoughts and emotions, and get support from family and friends with a total of 26 items. Burnout was measured by Maslach Burnout Inventory-Human Service Survey (Maslach & Jackson, 1981) which has three dimensions, namely emotional exhaustion, depersonalization, and reduced sense of personal accomplishment with a total of 22 items. Participants of this study were 131 nurses. The main result of the study shows that there is a significant negative relationship between coping self-efficacy and burnout among nurses, in conclusion, the higher score of coping self-efficacy obtained by nurses, the lower they perceived burnout.