

Perbandingan strategi problem focused coping dengan emotional focused coping terhadap tingkat kenyamanan pada pasien diabetisi dengan ulkus diabetikum di praktik keperawatan = Comparison of problem focused coping strategies with emotional focused coping on comfort levels in diabetic patients with diabetic ulcers in nursing practice

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Abstrak

ABSTRAK

Ulkus diabetikum merupakan komplikasi yang paling banyak terjadi pada pasien diabetes mellitus. Bertahan dengan penyakit dalam jangka waktu seumur hidup tentu menjadi stressor bagi penderita. Berbagai macam strategi koping akan dilakukan untuk mengatasi masalah yang dihadapi demi memperoleh kenyamanan. Penelitian ini bertujuan untuk melihat perbandingan strategi problem focused coping dengan emotional focused coping terhadap tingkat kenyamanan pada pasien diabetisi dengan ulkus diabetikum. Metode menggunakan desain penelitian cross sectional pada 81 pasien di Praktik Keperawatan wilayah Jabodetabek, Indonesia. Instrumen yang digunakan yaitu Brief-Cope dan Discomfort Evaluation of Wound Instrumen. Hasil penelitian menunjukan tidak ada perbedaan bermakna penggunaan strategi problem focused coping dengan emotional focused coping terhadap tingkat kenyamanan $p = 0,141$; $p > ?$. Strategi problem focused coping dan emotional focused coping merupakan satu kesatuan jenis strategi koping yang tidak bisa dipisahkan. Peneliti merekomendasikan bahwa penting untuk melihat koping secara holistik. Peningkatan kemampuan strategi koping sangat penting untuk memperoleh kenyamanan.

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ABSTRACT

Diabetic ulcers are the most common complications in patients with diabetes mellitus. Persisting with illness in a lifetime of time is certainly a stressor for the sufferer. Various coping strategies will be done to overcome the problems faced in order to gain comfort. This study aims to see the comparison of problem focused coping strategies with emotional focused coping on comfort levels in diabetic patients with diabetic ulcers. The method used a cross sectional study design in 81 patients at wound care homes in Jabodetabek area, Indonesia. The instruments used are Brief Cope and Discomfort Evaluation of Wound Instruments. The results showed no significant difference in the use of problem focused coping strategy with emotional focused coping on comfort level $p 0,141 p$. The strategy of problem focused coping and emotional focused coping is an integral type of coping strategy that can not be distinguished. Researchers recommend that it is important to look at coping in a holistic way. Improving the ability of coping strategies is essential for comfort.