

Posttraumatic Growth (PTG) pada Perawat Penyintas Covid 19 di RS X Bandar Lampung (Studi Kualitatif) = Posttraumatic Growth (PTG) on Covid-19 Survivor Nurse in X Hospital Of Bandar Lampung (A Qualitative Study)

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Abstrak

osttraumatic Growth adalah suatu proses bentuk adaptasi akibat adanya trauma yang menjadikan seorang individu lebih positif serta konstruktif dari hitungan hari sampai tahun. Permasalahan pada penyintas Covid-19 adanya tindakan diskriminasi, stigma, pengucilan sosial, kecemasan, depresi, perasaan bersalah, takut, marah, kelemahan otot, kesulitan tidur, gangguan penciuman, gangguan pengecap. Tujuan penelitian kualitatif fenomenologi ini untuk mengeksplorasi Posttraumatic Growth (PTG) pada Perawat Penyintas Covid-19 di RS X Bandar Lampung. Partisipan dalam penelitian ini adalah perawat penyintas Covid-19 yang berjumlah 10 orang dengan kriteria inklusi perawat yang terkonfirmasi Covid-19 di RS X Bandar Lampung pada Oktober 2020-Desember 2021 yang sudah dinyatakan sembuh oleh dokter, perawat yang dinyatakan lolos menjadi partisipan berdasarkan dari skrining PTG dengan nilai 1, perawat yang tidak mengalami gejala PTSD, perawat yang bersedia menjadi partisipan, perawat yang bekerja di dalam pelayanan dengan minimal pendidikan D3, perawat yang sudah aktif bekerja kembali. Data dikumpulkan melalui wawancara mendalam dengan memperhatikan etika penelitian. Data yang diperoleh kemudian dilakukan analisis dengan Colaizzi. Hasil penelitian didapatkan ada 6 tema yaitu: 1) sikap perawat penyintas Covid-19 terhadap peristiwa yang membuat hati menjadi lebih tenang, 2) keinginan perawat penyintas Covid-19, 3) perubahan pola hidup dalam menjaga kesehatan, 4) dampak Covid-19 pada aspek spiritual, 5) dampak Covid-19 dalam melakukan asuhan keperawatan, 6) dampak Covid-19 pada aspek sosial. Hasil penelitian ini merekomendasikan agar fasilitas pelayanan kesehatan dapat memberikan dukungan kepada perawat penderita Covid-19 berupa skrining tingkat stres ataupun membantu masalah yang dialami perawat, sehingga apabila ada gangguan kejiwaan pada perawat dapat segera diberikan pendampingan ataupun pemberian dukungan.

.....Posttraumatic Growth is a process of adaptation due to trauma that makes an individual more positive and constructive from days to years. Problems with Covid-19 survivors are discrimination, stigma, social exclusion, anxiety, depression, feelings of guilt, fear, anger, muscle weakness, difficulty sleeping, olfactory disorders, taste disorders. The purpose of this qualitative phenomenological study is to explore Posttraumatic Growth (PTG). to the Covid-19 Survivor Nurse at RS X Bandar Lampung. Participants in this study were 10 Covid-19 survivor nurses with the inclusion criteria of nurses who were confirmed to be Covid-19 at RS X Bandar Lampung in October 2020-December 2021 who had been declared cured by doctors, nurses who were declared qualified to be participants based on screening. PTG with a value of 1, nurses who do not experience PTSD symptoms, nurses who are willing to be participants, nurses who work in services with a minimum of D3 education, nurses who have been actively working again. Data were collected through in-depth interviews with regard to research ethics. The data obtained were then analyzed with Colaizzi. The results of the study found that there were 6 themes, namely: 1) the attitude of nurses who survived Covid-19 towards events that made the heart calmer, 2) the wishes of nurses who survived Covid-

19, 3) changes in lifestyle in maintaining health, 4) the impact of Covid-19 on health. spiritual aspects, 5) the impact of Covid-19 in carrying out nursing care, 6) the impact of Covid-19 on social aspects. The results of this study recommend that health care facilities can provide support to nurses with Covid-19 in the form of screening stress levels or helping with problems experienced by nurses, so that if there are psychiatric disorders in nurses, they can immediately be given assistance or support.