

# Hubungan Kualitas Pertemanan dan Kesepian dengan Strategi Koping Mahasiswa Keperawatan = The Relationship between Quality of Friendship and Loneliness with Coping Strategies in Nursing Students

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## Abstrak

Mahasiswa keperawatan merupakan populasi yang rentan mengalami stres sehingga diperlukan koping yang efektif. Hubungan pertemanan dapat menjadi salah satu bentuk dukungan sosial yang dapat diperoleh mahasiswa keperawatan. Masalah lainnya yang dapat memicu stres pada mahasiswa keperawatan yakni kesepian. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara kualitas pertemanan dan kesepian dengan strategi koping pada mahasiswa keperawatan. Jenis penelitian analitik yang digunakan adalah studi observasi cross-sectional dengan metode pengambilan sampel total sampling terhadap 291 mahasiswa keperawatan. Instrumen yang digunakan antara lain McGill Friendship Questionnaire-Friend's Functions (MFQ-FF), de-Jong Gierveld The Loneliness Scale, dan Brief COPE. Analisis uji statistik yang digunakan yakni uji korelasi Pearson. Hasil penelitian menunjukkan adanya hubungan antara kualitas pertemanan dengan strategi koping ( $p$  value = 0,000  $r$  = 0,330) serta tidak adanya hubungan antara kesepian dengan strategi koping ( $p$  value = 0,485  $r$  = -0,041). Institusi keperawatan diharapkan dapat memberikan edukasi serta pelatihan mengenai strategi koping, salah satunya dengan cara memaksimalkan dukungan sosial yang dimiliki oleh mahasiswa keperawatan seperti hubungan pertemanan.

.....Nursing students are a population that is prone to stress. Thus, effective coping is needed. Friendships can be a form of social support that can be obtained by nursing students. Another problem that can trigger stress in nursing students is loneliness. This study aims to identify the relationship between the quality of friendship and loneliness with coping strategies in nursing students. The type of analytic research used was a cross-sectional observational study with a total sampling method of 291 nursing students. The instruments used include the McGill Friendship Questionnaire-Friend's Functions (MFQ-FF), de-Jong Gierveld The Loneliness Scale, and Brief COPE. The statistical test analysis used was the Pearson correlation test. The results showed that there was a relationship between the quality of friendship and coping strategies ( $p$  value = 0.000  $r$  = 0.330) and there was no relationship between loneliness and coping strategies ( $p$  value = 0.485  $r$  = -0.041). Nursing institutions are expected to provide education and training regarding coping strategies, one of which is by maximizing the social support that nursing students have, such as friendships.