

Dukungan Sosial dan Strategi Koping dengan Kesejahteraan Psikologis Perawat di Masa COVID-19 di Rumah Sakit = Social Support and Coping Strategies with Nurses' Psychological Well-Being during COVID-19 in Hospitals

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Abstrak

COVID-19 berdampak sangat signifikan pada kehidupan banyak orang dan mungkin memiliki efek buruk pada kesehatan mental. Kesejahteraan psikologis perawat menjadi perhatian utama di masa COVID-19. Tujuan penelitian untuk mengidentifikasi hubungan antara dukungan sosial dan strategi koping dengan kesejahteraan psikologis perawat. Desain penelitian ini cross-sectional. Pengambilan sampel menggunakan teknik total sampling dengan jumlah 147 perawat. Pengumpulan data menggunakan kuesioner dukungan sosial MSPSS (Multidimensional Scale of Perceived Social Support), strategi koping Ways of Coping dan kesejahteraan psikologis RSPWB (Ryff's Scale of Psychological Well-Being). Analisis univariat, bivariat menggunakan uji chi square dan analisis multivariat menggunakan uji regresi logistik berganda. Hasil penelitian menunjukkan 49,7% kesejahteraan psikologis rendah dan 50,3% tinggi; 83,7% tingkat dukungan sosial yang tinggi dan 97,3% strategi problem focused coping. Tidak terdapat hubungan antara dukungan sosial dengan kesejahteraan psikologis ($p = 0,110$), namun perawat yang mempersepsikan dukungan sosial tinggi mempunyai peluang memiliki kesejahteraan psikologis yang tinggi 2 kali dibandingkan perawat yang mempersepsikan dukungan sosial sedang setelah dikontrol variabel jenis kelamin (OR 2,354). Tidak ada hubungan strategi koping dengan kesejahteraan psikologis perawat ($p = 0,366$). Perawat dapat meningkatkan kesejahteraan psikologis dengan cara pengembangan profesional berkelanjutan tenaga keperawatan seperti melanjutkan pendidikan keperawatan ke jenjang yang lebih tinggi dan pelatihan berorientasi kognitif-perilaku serta mengikuti program berbasis kesadaran.

.....COVID-19 has had a very significant impact on the lives of many people and may have adverse effects on mental health. Nurses' psychological well-being is a major concern during COVID-19. The purpose of the study was to identify the relationship between social support and coping strategies with nurses' psychological well-being. This research design is cross-sectional. Sampling used a total sampling technique with a total of 147 nurses. Data collection used the MSPSS (Multidimensional Scale of Perceived Social Support) social support questionnaire, Ways of Coping coping strategies and RSPWB (Ryff's Scale of Psychological Well-Being) psychological well-being. Univariate analysis, bivariate using chi square test and multivariate analysis using multiple logistic regression test. The results showed 49.7% low psychological well-being and 50.3% high; 83.7% high level of social support and 97.3% problem focused coping strategy. There was no relationship between social support and psychological well-being ($p = 0.110$), but nurses who perceived high social support had 2 times the chance of having high psychological well-being compared to nurses who perceived moderate social support after controlling for gender variables (OR 2.354). There was no relationship between coping strategies and nurses' psychological well-being ($p = 0.366$). Nurses can improve psychological well-being by means of continuous professional development of nursing personnel such as continuing nursing education to a higher level and cognitive-behavioral oriented training and participating in mindfulness-based programs.