ABSTRAK

HUBUNGAN TINGKAT KECEMASAN DENGAN POLA MEKANISME KOPING PADA PERAWAT DI RUANG ISOLASI COVID-19 RUMAH SAKIT JIWA DAERAH SURAKARTA

Triyanto [1], Widiyono [2], Sutrisno [2]

Latar Belakang : Kecemasan perawat Covid-19 adalah perasaan takut yang tidak jelas disertai dengan adanya perasaan ketidakpastian, ketidakamanan, ketidakberdayaan dengan gejala insomnia, berkurangnya produktifitas, perubahan konsentrasi, iritabilitas, dan konflik antar pribadi. Mekanisme koping yang tepat dibutuhkan perawat dalam menghadapi kecemasan. Mekanisme Koping adaptif memunculkan adaptasi menetap kebiasaan baru dan perbaikan situasi lama, sedang koping maladaptif bisa merugikan diri sendiri, orang lain maupun lingkungan.

Tujuan : Menganalisis hubungan tingkat kecemasan dengan pola mekanisme koping perawat di ruang isolasi Covid-19.

Metode : Rancagan penelitian deskriptif korelatif, desain *Cross-Sectional.* Sampel penelitian 75 perawat dengan teknik *total sampling*. Pengumpulan data menggunakan kuesioner kecemasan *Hamilton Anxiety Rating Scale (HARS)* dan kuesioner mekanisme koping *The Brief COPE*. Data dianalisis dengan univariat, bivariat menggunakan uji *kendal tau_c*.

Hasil : Mayoritas mengalami kecemasan ringan sebanyak 31 (41,3%) dan mayoritas menampilkan mekanisme koping adaptif sebanyak 53 (71%). Hasil analisis data menunjukkan ada hubungan yang bermakna dan signifikan tingkat kecemasan dengan mekanisme koping p value=0.001 (p<0,005; α=5 %).

Kesimpulan : Ada hubungan yang kuat antara tingkat kecemasan dengan mekanisme koping, hipotesis penelitian diterima.

Kata Kunci : kecemasan, mekanisme koping, perawat covid-19

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ABSTRACT

THE CORRELATION OF ANXIETY LEVELS WITH COPING MECHANISM PATTERNS ON NURSES IN THE COVID-19 ISOLATION ROOM IN SURAKARTA REGIONAL PSYCHIATRIC HOSPITAL

Triyanto [1], Widiyono [2], Sutrisno [2]

Background: Covid-19 nurse anxiety is a vague feeling of fear accompanied by feelings of uncertainty, insecurity, helplessness with symptoms of insomnia, reduced productivity, changes in concentration, irritability, and interpersonal conflict. Nurses need appropriate coping mechanisms in dealing with anxiety. Adaptive coping mechanisms lead to permanent adaptation of new habits and improvements to previous situations, while maladaptive coping can harm oneself, others, and the environment.

Objectives: To analyze the correlation between anxiety levels and the pattern of nurses' coping mechanisms in the Covid-19 isolation room.

Method: The research is descriptive correlative with a cross-sectional design. The research sample was 75 nurses with a total sampling technique. Data was collected using the Hamilton Anxiety Rating Scale (HARS) questionnaire and The Brief COPE coping mechanism questionnaire. Data were analyzed using univariate and bivariate using Kendal tau_c test.

Results: The majority experienced mild anxiety with 31 (41.3%), and the majority displayed adaptive coping mechanisms as many as 53 (71%). The data analysis results showed a significant correlation between the level of anxiety and coping mechanisms p value=0.001 ($p<0.005$; $\alpha=5\%$).

Conclusion There is a strong correlation between the level of anxiety with coping mechanisms, so the research hypothesis is accepted.

Keywords: Anxiety, Coping Mechanism, Covid-19 Nurse

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