

ABSTRAK

Hubungan Strategi Koping dengan Stres Kerja pada Perawat IGD di RSI Sakinah Mojokerto dan Klinik Zamzam Mojokerto

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Perawat Instalasi Gawat Darurat (IGD) menghadapi tuntutan pekerjaan yang tinggi, kondisi pasien yang beragam, keterbatasan waktu, serta kebutuhan pengambilan keputusan secara cepat yang dapat meningkatkan risiko stres kerja. Strategi koping menjadi salah satu mekanisme yang digunakan perawat dalam menghadapi tekanan dan tuntutan pekerjaan. Penelitian ini bertujuan untuk mengetahui hubungan strategi koping dengan stres kerja pada perawat IGD di RSI Sakinah Mojokerto dan Klinik Zamzam Mojokerto. Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*. Populasi sekaligus sampel penelitian berjumlah 30 perawat yang ditentukan menggunakan teknik *total sampling*. Pengumpulan data dilakukan menggunakan *Ways of Coping Questionnaire* (WCQ) dan *Nursing Stress Scale* (NSS). Analisis hubungan menggunakan uji *Chi-Square* dengan $\alpha = 0,05$ dan kekuatan hubungan menggunakan Cramer's V. Hasil penelitian menunjukkan *problem-focused coping* dan *emotion-focused coping* masing-masing digunakan oleh 15 responden (50,0%). Pada RSI Sakinah Mojokerto, *problem-focused coping* lebih banyak digunakan oleh 9 responden (64,3%), sedangkan pada Klinik Zamzam Mojokerto *emotion-focused coping* lebih banyak digunakan oleh 10 responden (62,5%). Stres kerja paling banyak berada pada kategori sedang, yaitu 15 responden (50,0%). Pada RSI Sakinah, stres sedang sebanyak 6 responden (42,9%), sedangkan Klinik Zamzam sebanyak 9 responden (56,3%). Hasil uji *Chi-Square* menunjukkan hubungan signifikan antara strategi koping dan stres kerja ($p\text{-value} = 0,001$), dengan Cramer's V sebesar 0,708 yang menunjukkan hubungan kuat. *Problem-focused coping* lebih banyak berada pada stres ringan dan sedang, sedangkan *emotion-focused coping* pada stres sedang dan berat. Komponen *problem-focused coping* meliputi *Planfull Problem Solving*, *Confrontative Coping*, dan *Seeking Social Support*. Kesimpulannya, terdapat hubungan signifikan dan kuat antara strategi koping dengan stres kerja pada perawat IGD.

Kata kunci: Strategi Koping, Stres Kerja, Perawat IGD.

ABSTRACT

The Relationship Between Coping Strategies and Work Stress among emergency Department Nurses at RSI Sakinah Mojokerto and Zamzam Clinic Mojokerto

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Emergency Department (ED) nurses face high work demands, diverse patient conditions, limited time, and the need to make rapid decisions, which may increase the risk of work-related stress. Coping strategies are used by nurses to deal with work-related pressures and demands. This study aims to determine the relationship between coping strategies and work-related stress among ED nurses at RSI Sakinah Mojokerto and Klinik Zamzam Mojokerto. This study used an analytical correlational design with a cross-sectional approach. The population and sample consisted of 30 nurses selected using total sampling. Data were collected using the Ways of Coping Questionnaire (WCQ) and the Nursing Stress Scale (NSS). The relationship between the two variables was analyzed using the Chi-Square test at $\alpha = 0.05$, while the strength of the relationship was assessed using Cramer's V. The results showed that problem-focused coping and emotion-focused coping were each used by 15 respondents (50.0%). At RSI Sakinah Mojokerto, problem-focused coping was more commonly used by 9 respondents (64.3%), whereas at Klinik Zamzam Mojokerto, emotion-focused coping was more commonly used by 10 respondents (62.5%). Work-related stress was most frequently categorized as moderate, occurring in 15 respondents (50.0%). Moderate stress was found in 6 respondents (42.9%) at RSI Sakinah and 9 respondents (56.3%) at Klinik Zamzam. The Chi-Square test showed a significant relationship between coping strategies and work-related stress ($p\text{-value} = 0.001$), with a Cramer's V of 0.708, indicating a strong relationship. Problem-focused coping was more commonly associated with mild and moderate stress, whereas emotion-focused coping was more commonly found among respondents with moderate and severe stress. The components of problem-focused coping included Planfull Problem Solving, Confrontative Coping, and Seeking Social Support. In conclusion, there was a significant and strong relationship between coping strategies and work-related stress among ED nurses.

Keywords: Coping Strategies, Work-Related Stress, Emergency Department Nurses.