

ABSTRAK

ANALISIS *WORK-LIFE BALANCE* (WLB), BEBAN KERJA DAN STRATEGI KOPING DENGAN KESEJAHTERAAN MENTAL MAHASISWAPROGRAM RPL KEPERAWATAN DI STIKES PEMKAB JOMBANG

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Pendahuluan: Mahasiswa Program Rekognisi Pembelajaran Lampau (RPL) Keperawatan memiliki tuntutan ganda sebagai mahasiswa dan yang dapat memengaruhi kesejahteraan mental. *Work-life balance* (WLB), beban kerja, dan strategi koping merupakan faktor yang berpotensi berkaitan dengan kondisi tersebut. **Tujuan:** Menganalisis hubungan WLB, beban kerja, dan strategi koping dengan kesejahteraan mental mahasiswa Program RPL Keperawatan. **Metode:** Penelitian kuantitatif dengan desain *cross-sectional*. Sampel sebanyak 150 mahasiswa Program RPL yang dipilih menggunakan *proportional random sampling*. Pengumpulan data menggunakan kuesioner WLB, NASA-TLX untuk beban kerja, Brief cope untuk strategi koping, dan instrumen kesejahteraan mental. Analisis data menggunakan Regres Ordinal (*Ordinal Logistic Regression/PLUM*). **Hasil:** Sebagian besar responden memiliki strategi koping adaptif (56%), WLB kategori sedang (56,7%), dan 44,7% memiliki beban kerja tinggi. Sebanyak 43,3% responden berada pada kategori kesejahteraan mental *well*. Hasil analisis menunjukkan strategi koping ($p=0,016$), WLB ($p=0,038$), dan beban kerja ($p=0,029$) berhubungan signifikan dengan kesejahteraan mental. Strategi koping memiliki koefisien terbesar (2,20). **Pembahasan:** penelitian menunjukkan bahwa kemampuan mengelola tekanan melalui strategi koping adaptif menjadi aspek penting dalam mempertahankan kesejahteraan mental mahasiswa yang menghadapi tuntutan pekerjaan dan akademik secara bersamaan. **Analisis:** WLB, beban kerja, dan strategi koping berhubungan dengan kesejahteraan mental mahasiswa Program RPL. Strategi koping merupakan variabel paling dominan berdasarkan koefisien regresi.

Kata kunci: beban kerja, kesejahteraan mental, mahasiswa RPL, strategi koping, *work-life balance*.

ABSTRACT

ANALYSIS OF WORK-LIFE BALANCE (WLB), WORKLOAD, AND COPING STRATEGIES IN RELATION TO THE MENTAL WELL-BEING OF NURSING STUDENTS IN THE RPL PROGRAM AT STIKES PEMKAB JOMBANG

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Introduction: Students in the Recognition of Prior Learning (RPL) Nursing Program face dual demands as students and workers, which may affect their mental well-being. *Work-life balance* (WLB), workload, and coping strategies are potential factors associated with these conditions. **Objective:** To analyze the relationships between WLB, workload, and coping strategies and the mental well-being of working students in the RPL Nursing Program. **Methods:** This quantitative study used a *cross-sectional* design. The sample consisted of 150 working students in the RPL Program selected using *proportional random sampling*. Data were collected using WLB and coping strategy questionnaires, the NASA-TLX for workload, and a mental well-being instrument. Data were analyzed using ordinal logistic regression (PLUM). **Results:** Most respondents had adaptive coping strategies (56%), moderate WLB (56.7%), and 44.7% had a high workload. A total of 43.3% of respondents were categorized as having *well* mental well-being. The analysis showed that coping strategies ($p=0.016$), WLB ($p=0.038$), and workload ($p=0.029$) were significantly associated with mental well-being. Coping strategies had the largest regression coefficient (2.501). **Discussion:** The findings indicate that the ability to manage stress through adaptive coping strategies is an important factor in maintaining the mental well-being of working students who simultaneously face work and academic demands. **Conclusion:** WLB, workload, and coping strategies were significantly associated with the mental well-being of working students in the RPL Program. Coping strategy was the most dominant variable based on the regression coefficient.

Keywords: workload, mental well-being, RPL students, coping strategies, work-life balance.