

**SKRIPSI**

**HUBUNGAN ANTARA DAMPAK PSIKOLOGIS DENGAN STRATEGI  
KOPING PADA PERAWAT DI ERA NEW NORMAL PANDEMI  
COVID-19 DI RUMAH SAKIT KOTA PADANG**

**Penelitian Keperawatan Jiwa**



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Hubungan Antara Dampak Psikologis dengan Strategi Koping pada Perawat di  
Era New Normal Pandemi COVID-19 di Rumah Sakit Kota Padang

**ABSTRAK**

Pandemi COVID-19 berdampak luas diberbagai aspek, tidak hanya pada kesehatan, tapi juga berdampak pada sektor politik, ekonomi, sosial, budaya, pertahanan, keamanan serta kesejahteraan. Pandemi COVID-19 menempatkan sektor kesehatan khususnya perawat pada tekanan yang besar sehingga memberikan dampak dapat pada psikologis. Dalam menghadapi hal tersebut, perawat dapat menggunakan bermacam-macam strategi koping. Tujuan penelitian ini adalah untuk mengetahui hubungan antara dampak psikologis dengan strategi koping pada perawat di era new normal pandemi COVID-19 di rumah sakit yang menjadi rujukan COVID-19. Penelitian ini menggunakan desain *cross sectional* dengan jumlah sampel 193 perawat. Instrumen yang digunakan *The Impact of Event Scale Revised* (IES-R) dan *Brief Coping Orientation to Problems Experience* (*Brief COPE*). Sampel dipilih menggunakan teknik *purposive sampling* dan data diuji dengan uji *chi-square*. Hasil Penelitian menunjukkan hampir setengahnya perawat yang pernah berdinasi di ruang rawatan COVID-19 di rumah sakit Kota Padang mengalami dampak psikologis ringan (40,9%), dan sebagian besar perawat memiliki strategi koping adaptif (74,6%). Berdasarkan hasil uji statistik tidak ada hubungan antara dampak psikologis dengan strategi koping pada perawat di era new normal pandemi COVID-19 di rumah sakit Kota Padang ( $p = 0,225$ ). Meskipun demikian, diharapkan kepada pihak rumah sakit untuk tetap memerhatikan kesediaan sarana dan prasarana berupa APD dan menyiapkan konseling kesehatan jiwa seperti melakukan skrining psikiatri kepada perawat sehingga dapat meminimalisir dampak psikologis.

Kata kunci : Dampak psikologis, strategi koping, pandemi COVID-19

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*The Relationship Between Psychological Impact and Coping Strategies on Nurses  
in the New Normal Era of the COVID-19 Pandemic at Padang City Hospital*

**ABSTRACT**

*The COVID-19 pandemic has had a wide impact on various aspects, not only on health, but also on the political, economic, social, cultural, defense, security and welfare sectors. The COVID-19 pandemic puts the health sector, especially nurses, under great pressure so that it can have a psychological impact. In dealing with this, nurses can use a variety of coping strategies. The purpose of this study was to determine the relationship between psychological impact and coping strategies on nurses in the new normal era of the COVID-19 pandemic in which COVID-19 was referred. This study used a cross sectional design with a sample of 193 nurses. The instruments used were The Impact of Event Scale Revised (IES-R) and Brief Coping Orientation to Problems Experience (Brief COPE). The sample was selected using purposive sampling technique and the data was tested by chi-square test. The results showed that almost half of the nurses who had served in the COVID-19 treatment room at the Padang City hospital experienced mild psychological impacts (40.9%), and most of the nurses had adaptive coping strategies (74.6%). Based on the results of statistical tests, there was no relationship between psychological impact and coping strategies on nurses in the new normal era of the COVID-19 pandemic at the Padang City Hospital ( $p = 0.225$ ). However, it is hoped that the hospital will continue to pay attention to the availability of facilities and infrastructure in the form of PPE and prepare mental health counseling such as conducting psychiatric screenings of nurses so as to minimize the psychological impact.*

*Keywords : Psychological impact, coping strategies, COVID-19 pandemic*

*Bibliography : 51 (1989-2021)*