

SKRIPSI

**HUBUNGAN *SELF-EFFICACY* DENGAN RESILIENSI PADA PERAWAT DI
RSUD dr. RASIDIN PADANG**

Penelitian Manajemen Keperawatan



Pembimbing Pendamping

Ns. Dewi Murni, M.Kep

**FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
2024**

FAKULTAS KEPERAWATAN
UNIVERSITAS ANDALAS
MEI 2024

Nama : Chairunnisa Az Zahra
NIM : 2011312040

Hubungan *Self-efficacy* dengan Resiliensi pada Perawat di RSUD dr. Rasidin Padang

ABSTRAK

Pandemi Covid-19 memberikan tekanan luar biasa pada sistem kesehatan dan tenaga medis, termasuk perawat. Pengalaman ini bisa meningkatkan kepercayaan diri dan resiliensi mereka untuk menghadapi tantangan di masa depan. Kemampuan untuk beradaptasi dengan cepat terhadap situasi yang berubah dapat memperkuat resiliensi perawat. Resiliensi sendiri dipengaruhi oleh faktor lain, salah satunya *self-efficacy*. Tujuan penelitian adalah mengetahui hubungan *self-efficacy* dengan resiliensi pada perawat di RSUD dr. Rasidin Padang. Jenis penelitian ini adalah penelitian kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian ini adalah perawat di RSUD dr. Rasidin Padang sebanyak 115 perawat, menggunakan metode *proportional random sampling*. Instrumen resiliensi menggunakan Connor Davidson Resilience Scale (CD-RISC) dan instrumen *self-efficacy* menggunakan *General Self-Efficacy Scale* (GSES). Hasil penelitian didapatkan 86 (74.8%) perawat memiliki resiliensi yang tinggi dan 105 (91.3%) perawat memiliki *self-efficacy* yang tinggi. Hasil analisis bivariat, terdapat hubungan yang bermakna antara *self-efficacy* dengan resiliensi perawat di RSUD dr. Rasidin Padang ($p\text{-value} < 0.000$). Diharapkan kepada manager keperawatan dan pihak rumah sakit memfasilitasi perawat berupa konseling bagi perawat dan lebih memperhatikan kesehatan mental perawat untuk dapat lebih meningkatkan resiliensi dan *self-efficacy* perawat.

Kata Kunci : Perawat, Resiliensi, *Self-efficacy*
Daftar Pustaka: 80 (1998-2024)

FACULTY OF NURSING
ANDALAS UNIVERSITY
MAY, 2024

Name : Chairunnisa Az Zahra
Student ID Number : 2011312040

***The Relationship Between Self-efficacy and Resilience in Nurses at RSUD dr.
Rasidin Padang***

ABSTRACT

The Covid-19 pandemic puts tremendous pressure on the health system and medical personnel, including nurses. This experience can increase their confidence and resilience to face future challenges. The ability to adapt quickly to changing situations can strengthen the resilience of nurses. Resilience itself is influenced by another factor, one of which is self-efficacy. The aim of the research is to find out the relationship between self-efficacy and resilience in nurses at RSUD Dr. Rasidin Padang. This type of research is quantitative research with a cross sectional approach. The sample of this research is a nurse at RSUD Dr. Rasidin Padang of 115 nurses, using the method of proportional random sampling. Resiliency instruments using the Connor Davidson Resilience Scale (CD-RISC) and self-efficacy instruments with the General Self-Efficacy Scale (GSES). The study found that 86 (74.8%) of nurses had high resilience and 105 (91.3%) had high self-efficacy. As a result of bivariate analysis, there is a meaningful relationship between self-efficacy and resilience of nurses at RSUD Dr. Rasidin Padang (p -value $<0,000$). It is hoped that nursing managers and hospital authorities will facilitate nurses as counseling for nurser and pay more attention to the mental health of nurse to be able to improve the resilience and self-efficacy of nurser.

*Keyword : Resilience, Self-efficacy, Nurse
Refrences : 80 (1998-2024)*