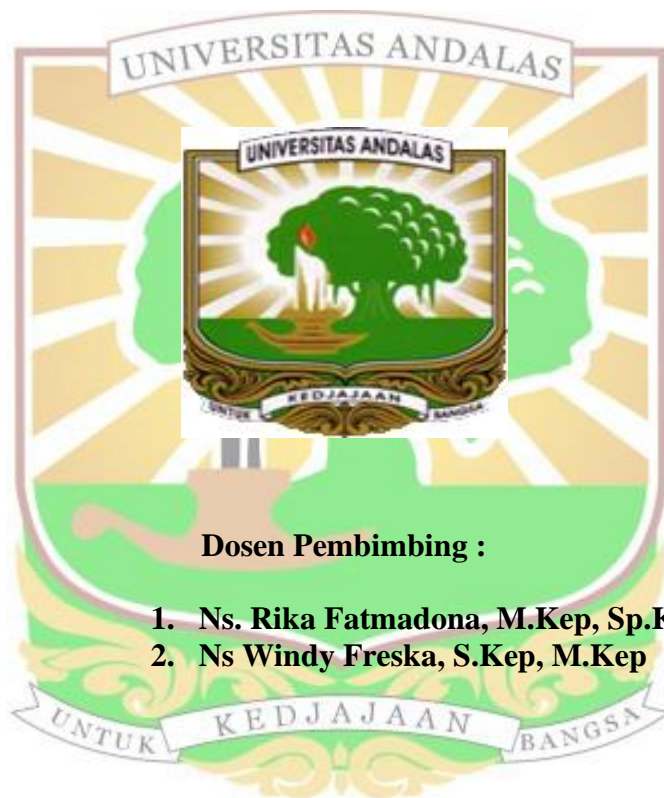


**HUBUNGAN STRATEGI KOPING DENGAN DISTRES
PSIKOLOGIS KELUARGA PASIEN KANKER RSUP
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HUBUNGAN STRATEGI KOPING DENGAN DISTRES PSIKOLOGIS KELUARGA PASIEN KANKER RSUP DR. M. DJAMIL PADANG

Dona Mulianti, Rika Fatmadona, Windy Freska

ABSTRAK

Merawat pasien kanker menimbulkan distres psikologis bagi yang merawat. Maka dari itu diperlukanlah strategi koping yang tepat. Tujuan penelitian ini adalah mengetahui hubungan strategi koping dengan distres psikologis keluarga pasien kanker. Penelitian dilakukan di ruang poliklinik bedah dan ginekologi RSUP DR. M. Djamil Padang pada bulan April sampai Mei 2020. jenis penelitian adalah analisis korelatif dengan pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan *accidental sampling* dengan jumlah sampel 87 orang. Instrumen yang digunakan adalah kuesioner *caregiver self-assessment* dan *ways of coping*. data dianalisis menggunakan uji *chi-square* dengan $p=0,05$. Hasil penelitian didapatkan sebanyak 4 orang yang mengalami distres psikologis ringan menggunakan *problem focused coping* dan 28 orang menggunakan *emotion focused coping*. Sementara itu responden yang mengalami distres psikologis tinggi 19 orang diantaranya menggunakan *problem focused coping* dan 36 orang lainnya menggunakan *emotion focused coping*. dari hasil uji *chi-square* didapatkan $p=0,025$ yang berarti terdapat hubungan antara distres psikologis dengan strategi koping. Diharapkan keluarga mampu menghadapi distres psikologis yang dihadapi dengan menggunakan strategi koping yang tepat.

Kata Kunci : Strategi Koping, Distres Psikologis, Keluarga Pasien Kanker



THE RELATIONSHIP BETWEEN COPING STRATEGIES AND PSYCHOLOGICAL DISTRESS OF CANCER PATIENT'S FAMILY

Dona Mulianti, Rika Fatmadona, Windy Freska

ABSTRACT

Caring for cancer patients causes psychological distress for the caregiver. Therefore the right coping strategy is needed. The purpose of this study was to determine the relationship of coping strategies with psychological distress in the families of cancer patients. The study was conducted in the surgical and gynecological clinic at the RSUP DR. M. Djamil Padang. This type of research is a correlative analysis with cross sectional approach. The sampling technique uses accidental sampling with a sample of 87 people. The instrument used was a caregiver self-assessment questionnaire and ways of coping. Data were analyzed using the chi-square test with $p = 0.05$. The results obtained as many as 4 people who experienced mild psychological distress using problem focused coping and 28 people using emotion focused coping. Meanwhile, respondents who experienced high psychological distress, 19 of them used problem focused coping and 36 others used emotion focused coping. from the chi-square test results obtained $p = 0.025$ which means there is a relationship between psychological distress with coping strategies. Family is expected to be able to deal with psychological distress faced by using appropriate coping strategies.

Key words : Psychological Distress, Coping Strategies, Cancer Patient's Family

