

INTISARI

Latar Belakang: Mahasiswa keperawatan tingkat akhir memiliki banyak tuntutan sehingga rentan mengalami stres yang berdampak pada fisik maupun psikis. *Coping* dibutuhkan untuk menghadapi berbagai tuntutan yang ada. Akan tetapi, strategi *coping* yang dimiliki belum tentu efektif sehingga mahasiswa harus memiliki strategi *coping* alternatif dan harus mampu mengubah strategi *coping* yang tidak efektif menjadi lebih efektif yang disebut dengan *coping flexibility*. Penelitian tentang hubungan *coping flexibility* dan stres pada mahasiswa keperawatan tingkat akhir belum pernah dilakukan.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan *coping flexibility* dengan stres pada mahasiswa tingkat akhir PSIK FK-KMK UGM.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross-sectional*. Penelitian dilakukan pada Bulan Desember 2021-Juli 2022. Populasi penelitian ini adalah mahasiswa tingkat akhir PSIK FK-KMK UGM dengan jumlah sampel 83 orang yang ditentukan menggunakan teknik *total sampling*. Instrumen yang digunakan adalah *The Coping Flexibility Scale* untuk mengukur *coping flexibility* dan *Perceived Stress Scale* untuk mengukur stres. Uji Korelasi Spearman digunakan untuk mengetahui hubungan *coping flexibility* dengan stres.

Hasil: Mahasiswa tingkat akhir PSIK FK-KMK UGM memiliki kemampuan *coping flexibility* yang baik (median:19,00) dan sebagian besar mengalami stres tingkat sedang (mean:17,08 ± 5,64). Hasil uji korelasi Spearman menunjukkan adanya hubungan *coping flexibility* dengan stres ($p=0,023$) dengan tingkat kekuatan hubungan lemah ($r=-0,249$).

Kesimpulan: *Coping flexibility* berhubungan negatif dengan stres pada mahasiswa keperawatan tingkat akhir di PSIK FK-KMK UGM. Semakin baik *coping flexibility*, maka semakin rendah tingkat stres.

Kata Kunci: *Coping Flexibility*, Mahasiswa Keperawatan Tingkat Akhir, Stres

ABSTRACT

Background:

Final year nursing students have a lot of demands, so they are vulnerable to stress that impacts on both physically and psychologically. Coping is needed to deal the various demands. However, this coping strategy isn't always effective, so they must have alternative coping and ability to change the inefficient coping strategy into another effective coping strategy that called coping flexibility. There has been no research on the correlation between coping flexibility and stress in final year nursing students.

Objective: This study aims to determine the correlation between coping flexibility and stress among final year nursing students in School of Nursing Universitas Gadjah Mada.

Method: This research was an analytic observational research with cross-sectional design. The study was conducted from December 2021 to July 2022. The research population was final year nursing students in School of Nursing Universitas Gadjah Mada with 83 samples that were determined by the total sampling technique. The instruments that used in this research were The Coping Flexibility Scale to measure coping flexibility and Perceived Stress Scale to measure stress. Spearman Test was used to determine the correlation between coping flexibility and stress.

Result: Final year nursing students in School of Nursing Universitas Gadjah Mada had good coping flexibility (median:19,00) and most of the students experienced moderate stress level (mean:17,08 $\pm$ 5,64). There was a significant ($p=0,023$) correlation between coping flexibility and stress with low correlation strength ($r= -0,249$).

Conclusion: Coping flexibility has negative correlation with stress among final year nursing students in School of Nursing Universitas Gadjah Mada. The greater coping flexibility indicates the lower stress level.

Keywords: Coping Flexibility, Final Year Nursing Student, Stress