

INTISARI

Latar belakang: Sejak awal tahun 2020, dunia mengalami guncangan besar karena adanya pandemi COVID-19 dengan jumlah kasus yang tinggi. Pasien COVID-19 tidak hanya mengalami dampak fisik, akan tetapi juga dampak psikologis seperti stres akut, kecemasan, depresi, dan sebagainya. Pasien COVID-19 menggunakan beberapa mekanisme koping untuk dapat mengatasi dampak psikologis tersebut.

Tujuan penelitian: Mengetahui mekanisme koping pada pasien yang mengalami COVID-19.

Metode: Penelitian ini menggunakan metode kualitatif dengan jenis fenomenologi. Partisipan dalam penelitian ini adalah pasien yang pernah terdiagnosa COVID-19 dan sudah dinyatakan sembuh di Kecamatan Depok, Kabupaten Sleman. Pengumpulan data dilakukan dengan menggunakan wawancara mendalam dan analisis data menggunakan metode menurut Collaizi. Sebanyak 12 partisipan mengikuti penelitian ini.

Hasil: Hasil penelitian mengidentifikasi 4 (empat) tema yaitu 1) pengalaman saat sakit COVID-19, 2) perasaan saat mengalami sakit COVID-19, 3) dukungan dan mekanisme koping saat sakit COVID-19, 4) serta tips dan hikmah setelah mengalami sakit COVID-19. Mekanisme yang sering kali digunakan yaitu *emotional focused-coping* dan *problem focused-coping*. Jenis mekanisme koping lain yang juga ditemukan dalam penelitian ini yaitu *avoidant oriented-coping* dan *dysfunctional coping*.

Kesimpulan: Pasien COVID-19 menggunakan mekanisme koping campuran selama sakit.

Kata kunci: Pasien COVID-19, mekanisme koping, dukungan, hikmah

ABSTRACT

Background: Since the beginning of 2020, the world has experienced a major shock due to the COVID-19 pandemic with a high number of cases. COVID-19 patients not only experience physical impacts, but also psychological impacts such as acute stress, anxiety, depression, and so on. COVID-19 patients use several coping mechanisms to overcome these psychological impacts.

Objective: Knowing the coping mechanisms in patients with COVID-19.

Method: This study uses a qualitative method with the type of phenomenology. Participants in this study were patients who had been diagnosed with COVID-19 and had been declared cured in Depok District, Sleman Regency. Data was collected using in-depth interviews and data analysis using Collaizi's method. A total of 12 participants took part in this study.

Result: The results of the study identified 4 (four) themes, 1) experiences when experiencing COVID-19 illness, 2) feelings when experiencing COVID-19 illness, 3) support and coping mechanisms when experiencing COVID-19 illness, 4) as well as tips and wisdom after experiencing COVID-19 illness. The mechanisms that are often used are emotional focused-coping and problem focused-coping. Other types of coping mechanisms also found in this study are avoidant-oriented coping and dysfunctional coping.

Conclusion: COVID-19 patients use mixed coping mechanisms during illness.

Keywords: COVID-19 patients, coping mechanisms, support, wisdom