

Abstrak

Penelitian ini bertujuan untuk mengeksplorasi secara mendalam pengalaman stres dan strategi koping keluarga tenaga medis dalam menghadapi pandemi Covid-19. Metode penelitian yang digunakan adalah metode penelitian kualitatif dengan pendekatan studi kasus. Partisipan dari penelitian ini, adalah lima keluarga tenaga medis yang bersuku bangsa Bali, bekerja di fasilitas layanan kesehatan, dan berdomisili di beberapa wilayah di Bali (Denpasar, Gianyar, Tabanan) selama periode pandemi. Pengumpulan data dilakukan dengan wawancara mendalam, dan dianalisis dengan teknik coding. Hasil penelitian menunjukkan bahwa keluarga tenaga medis pada penelitian ini mampu beradaptasi terhadap kondisi pandemi. Kecakapan dalam mengenali sumber stres, ketersediaan sumber daya, dan penerapan strategi koping yang relevan, saling bersinergi dalam membantu keluarga. Nilai budaya Bali yang menekankan pada keharmonisan, mendorong keluarga tidak berlama-lama terjebak dalam kondisi stres. Namun faktor budaya juga nampaknya membuat anggota keluarga cenderung meredam emosi negatif. Strategi koping berfokus pada emosi diterapkan terlebih dahulu, sehingga anggota keluarga merasa tenang dan membuat keputusan dengan bijaksana. Dikarenakan pengungkapan emosi secara berlebihan sulit diterima sosial dan hanya akan membuat rasa *lek* (malu) muncul. Penghindaran terhadap rasa *lek* (malu), diimbangi rasa hormat terhadap pemangku kebijakan, membuat keluarga lebih disiplin menjalankan protokol kesehatan. Sementara itu, nilai spiritualitas dan religiusitas membuat keluarga memiliki harapan dan menerima kemalangan.

Kata kunci: stres keluarga, strategi koping, tenaga medis, budaya Bali

Abstract

The objective of this research is to explore the experiences of family stress and coping, in family' of healthcare workers during the Covid-19 pandemic. This research is qualitative study with case study approach. The participants were five families of medical staff who had Balinese ethnicity, worked in healthcare facilities, and lived in several areas in Bali (Denpasar, Gianyar, Tabanan) during the pandemic period. Data were collected through in-depth interviews to every member in family separately, and analyzed by coding techniques. The relationship of several categories in this study showed that the families of the healthcare worker were able to adapt to pandemic conditions. Ability to identify sources of the stress, availability of resources, and coping strategies interactively help family during this hard time. Balinese values of harmony encourage families

to manage the stressful conditions immediately. Eventhough, cultural factors also seem to emphasized family member keeping negative emotions on their self. Excessive disclosure of emotions is difficult to accept and will make feeling lek (embarrassment) appear. Emotion focused coping help family reduce psychological disturbance and maintain calm, so they can make decisions wisely. Avoidance of feeling lek (shame), balanced with feeling respect for policy makers, makes families more disciplined in implementing health protocols. Meanwhile, the spirituality and religiosity values being protective factor that help family find hope and acceptance.

Keywords: family stress, coping, healthcare workers, Balinese culture