

**TANTANGAN PERAWAT DALAM PENERAPAN KEPERAWATAN HOLISTIK  
PADA PASIEN *CORONA VIRUS DISEASE 2019 (COVID-19)*  
DI RSUD Dr. SOEDIRMAN KABUPATEN KEBUMEN**

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**INTISARI**

**Latar Belakang:** *Corona Virus Diseases-2019* merupakan penyakit menular dan menjadi salah satu penyakit yang mengancam jiwa. Pasien COVID-19 di ruang isolasi membutuhkan perawatan secara holistik untuk memenuhi kebutuhan bio-psiko-sosial dan spiritual. Perawat mempunyai peran penting dalam memberikan pelayanan secara holistik di rumah sakit, dan model bio-psiko-sosial-spiritual merupakan model yang komprehensif untuk memandu pelayanan kesehatan.

**Tujuan:** mengeksplorasi tantangan perawat dalam penerapan keperawatan holistik yang mencakup aspek biologis, psikologis, sosial dan spiritual dalam memberikan asuhan keperawatan pada pasien COVID-19 di RSUD dr. Soedirman Kebumen.

**Metode:** Penelitian ini menggunakan metode penelitian kualitatif dengan pendekatan fenomenologi. Partisipan dalam penelitian adalah 14 perawat yang bekerja di ruang isolasi COVID-19 dewasa. Pengumpulan data dilakukan dengan dua kali Diskusi Kelompok Terfokus, dan analisis data menggunakan analisis data tematik.

**Hasil:** Terdapat tiga tema yang dihasilkan. Tema pertama yaitu persepsi perawat secara umum tentang keperawatan holistik, meliputi pengetahuan perawat terkait keperawatan holistik, implementasi keperawatan holistik melalui *direct* dan *indirect care*, dan persepsi tentang target sasaran yang perlu mendapatkan keperawatan holistik. Tema kedua adalah tantangan pemenuhan kebutuhan keperawatan holistik, meliputi tantangan umum seperti tantangan psikologis perawat, tantangan dalam pemakaian APD, dan tantangan manajemen sumber daya. Tantangan secara khusus sesuai dengan target sasaran, yaitu bagi pasien, keluarga, dan masyarakat. Tema ketiga yaitu upaya mengatasi tantangan untuk mewujudkan keperawatan holistik dengan meningkatkan kualitas dan kuantitas perawat, meningkatkan kerjasama tim, pemenuhan sarana dan prasarana serta efisiensi sumber daya.

**Kesimpulan:** Penelitian ini berhasil mengeksplorasi tantangan perawat dalam penerapan keperawatan holistik pada pasien COVID-19, serta menemukan adanya tantangan psikologi yang tidak hanya dialami oleh perawat.

**Kata Kunci:** Keperawatan Holistik, Tantangan Perawat, COVID-19.

**THE NURSES CHALLENGES OF HOLISTIC NURSING IMPLEMENTATION  
IN CORONA VIRUS DISEASE 2019 (COVID-19) PATIENTS  
AT Dr. SOEDIRMAN PUBLIC HOSPITAL KEBUMEN**

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**ABSTRACT**

**Background:** Corona Virus Diseases-2019 is a contagious disease and is a life-threatening disease. COVID-19 patients in isolation rooms need holistic care to meet their bio-psycho-social and spiritual needs. Nurses have an essential role in providing holistic services in hospitals, and the bio-psycho-social-spiritual model is a comprehensive model to guide health services.

**Objective:** It explores the challenges nurses face in implementing holistic nursing, including biological, psychological, social, and spiritual aspects in providing nursing care for COVID-19 patients at dr. Soedirman Public Hospital.

**Method:** This study used a qualitative research method with a phenomenological approach. The participants in the study were 14 nurses who worked in the adult COVID-19 isolation room. Data collection was carried out through two Focus Group Discussions, and Data analysis used thematic data analysis.

**Results:** There were three themes generated. The first theme was the general perception of nurses about holistic nursing, including nurses' knowledge related to holistic nursing, implementation of holistic nursing through direct and indirect care, and perceptions about the targets needed to get holistic nursing. The second theme was providing holistic needs, including challenges such as psychological challenges for nurses, challenges in using PPE, and challenges for resource management. The challenges were explicitly in accordance with the targets for patients, families, and society. The third theme was efforts to overcome challenges in realizing holistic nursing by increasing nurses' quality and quantity, teamwork, fulfilling facilities and infrastructure, and resource efficiency.

**Conclusion:** This study successfully explores the challenges of nurses in applying holistic nursing to COVID-19 patients and finds psychological challenges that nurses do not only experience.

**Keywords:** Holistic Nursing, Nurses Challenges, COVID-19.