

Peran Kreativitas Emosional dan *Self-Disclosure* terhadap *Post-traumatic Growth* Pada Tenaga Kesehatan Pasca Pandemi COVID-19

Anwar Iqbal¹, Muhana Sofiati Utami¹

Fakultas Psikologi, Universitas Gadjah Mada, Yogyakarta

E-mail: ¹iqbalanwar023@gmail.com, ²muhana@ugm.ac.id

Abstrak

Pandemi COVID-19 dianggap sebagai peristiwa yang sangat menekan, dan bahkan traumatis bagi tenaga kesehatan. Meski demikian, tenaga kesehatan tetap berpeluang untuk bertumbuh dari momen traumatis tersebut, yang dinamakan dengan *post-traumatic growth* (PTG). Studi kuantitatif ini bertujuan untuk menguji peran kreativitas emosional dan *self-disclosure* dalam konteks membagikan pengalaman traumatis terhadap PTG pada tenaga kesehatan yang pernah menangani pasien COVID-19. Penelitian ini melibatkan 186 tenaga kesehatan dan menggunakan tiga alat ukur, yaitu *Post-Traumatic Growth Inventory - Expanded* (PTGI-X), *Emotional Creativity Inventory* (ECI), dan *Revised Self-Disclosure Scale* (RSDS). Berdasarkan hasil analisis regresi berganda, model yang terdiri dari kreativitas emosional dan *self-disclosure* berperan terhadap PTG ($F: 15,54; p < 0.001$). Secara parsial, kreativitas emosional mampu memprediksi PTG ($\beta: 0,337; CI\ 95\%: 0,198 - 0,477$), sedangkan *self-disclosure* tidak mampu memprediksi PTG ($\beta: 0,112; CI\ 95\%: -0,027 - 0,251$). Selain itu, partisipan dengan masa kerja lebih dari 20 tahun dilaporkan memiliki skor PTG lebih tinggi dibandingkan dengan partisipan dengan masa kerja selama 11 – 20 tahun. Temuan ini memiliki implikasi bahwa peran fleksibilitas dalam mengekspresikan emosi dapat meningkatkan peluang PTG, sedangkan peran *self-disclosure* terhadap PTG pada partisipan tidak bersifat langsung dan kontekstual serta dapat diperkuat atau ditentukan oleh variabel lain.

Kata kunci: *post-traumatic growth*; kreativitas emosional; *self-disclosure*; tenaga kesehatan; pandemi COVID-19

Peran Kreativitas Emosional dan *Self-Disclosure* terhadap *Post-traumatic Growth* Pada Tenaga Kesehatan Pasca Pandemi COVID-19

Anwar Iqbal¹, Muhana Sofiati Utami¹

Fakultas Psikologi, Universitas Gadjah Mada, Yogyakarta

E-mail: ¹iqbalanwar023@gmail.com, ²muhana@ugm.ac.id

Abstract

The COVID-19 pandemic is considered a highly stressful and traumatic event for healthcare workers. Despite its negative impact on well-being, the pandemic, on the other hand, might potentially benefit healthcare workers in terms of providing post-traumatic growth (PTG). This present study examines the role of emotional creativity and self-disclosure in the post-traumatic growth of healthcare workers who were in charge of COVID-19 patients. The study involved 186 healthcare workers. Post-Traumatic Growth Inventory - Expanded (PTGI-X), Revised Self-Disclosure Scale (RSDS), and Emotional Creativity Inventory (ECI) are the three instruments employed in this study. Based on the multiple regression analyses, the model consisting of emotional creativity and self-disclosure was able to predict PTG ($F: 15,54; p < 0.001$). Partially, the result indicated that emotional creativity significantly predicted PTG ($\beta: 0,337; CI\ 95\%: 0,198 - 0,477$), whereas self-disclosure didn't ($\beta: 0,112; CI\ 95\%: -0,027 - 0,251$). Additional analyses showed that those with more than 20 years of working years had significantly higher PTG than those with 11 – 20 working years. This study implied that flexibility in expressing emotions can stimulate PTG, while the role of self-disclosure towards PTG in this context of participants is indirect and contextual as well and its contribution might be reinforced by other variables.

Keywords: post-traumatic growth; self-disclosure; emotional creativity; healthcare workers; COVID-19 pandemic



Peran Kreativitas Emosional dan Self-Disclosure terhadap Post-Traumatic Growth pada Tenaga Kesehatan Pasca Pandemi COVID-19
ANWAR IQBAL SYAFRUDDIN, Dra. Muhana Sofiaty Utami, M.S., Ph.D., Psikolog
Universitas Gadjah Mada, 2023 | Diunduh dari <http://etd.repository.ugm.ac.id/>