

**PERAN INTOLERANCE OF UNCERTAINTY TERHADAP DISTRES
PSIKOLOGIS TENAGA KESEHATAN DI MASA PANDEMI COVID-19
DENGAN STRATEGI KOPING MALADAPTIF SEBAGAI MEDIATOR**

***THE ROLE OF INTOLERANCE OF UNCERTAINTY ON
PSYCHOLOGICAL DISTRES IN HEALTH WORKERS DURING COVID-19
PANDEMIC WITH MALADAPTIVE COPING STRATEGY AS A
MEDIATOR***

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Abstrak. Tenaga Kesehatan memegang peranan penting dalam penanganan pasien covid-19, namun dengan adanya beban kerja berlebih serta risiko yang tinggi membuat tenaga kesehatan rentan mengalami distres psikologis. Penelitian ini bertujuan untuk mengetahui peran *intolerance of uncertainty* terhadap distres psikologis pada tenaga kesehatan yang menangani pasien covid-19 di masa pandemi covid-19, dengan strategi koping maladaptif sebagai mediator. Penelitian ini melibatkan tenaga kesehatan dari rumah sakit pemerintah rujukan covid-19 di Daerah Istimewa Yogyakarta. Alat ukur yang digunakan yaitu Skala Kessler *Psychological Distres* (K10), *Intolerance of Uncertainty Scale Short Version* 12-item (IUS-12) dan *The Brief Coping Orientation to Problems Experienced* (COPE). Hasil penelitian menggunakan mediasi sederhana dengan *PROCESS Macro Analysis* pada program *SPSS v.22* menunjukkan bahwa strategi koping maladaptif tidak berperan sebagai mediator hubungan antara *intolerance of uncertainty* dan distres psikologis ($b = 0,0613$; $p > 0,05$). Meskipun demikian, *intolerance of uncertainty* dapat menjadi prediktor distres psikologis pada tenaga kesehatan ($b = 0,3110$; $p < 0,001$).

Kata kunci: Distres Psikologis, Strategi Koping Maladaptif, *Intolerance of Uncertainty*, Covid-19, Tenaga Kesehatan

Abstract. Health workers play an important role for patients with covid-19. But with a heavy workload, it makes health workers experience psychological distress. This study aimed to determine the role of intolerance of uncertainty on psychological distress in health workers who treat patients during the covid-19 pandemic, with maladaptive coping strategies as a mediator. This study involved health workers participants from the Government Hospital which is a covid-19 referral hospital in the province of Daerah Istimewa Yogyakarta. The measuring instruments used were the Scale of the Kessler Psychological Distress (K10), Intolerance of Uncertainty Scale-Short version 12-item (IUS-12) and The Brief Coping Orientation to Problems Experienced (COPE). The results of data analysis used simple mediation through the PROCESS Macro Analysis with SPSS v.22 showed that maladaptive coping strategy was not able to play a role as a mediator between intolerance of uncertainty and psychological distress of health workers ($b = 0,0613$; $p > 0,05$). Nevertheless, intolerance of uncertainty can be predictor on psychological distress of health workers ($b = 0,3110$; $p < 0.001$).

Keywords: Psychological Distress, Maladaptive coping strategy, Intolerance of Uncertainty, Covid-19, Health Workers