

THE RELATIONSHIP BETWEEN COPING STRATEGIES AND NURSES' OCCUPATIONAL STRESS IN THE INTENSIVE CARE UNIT OF THE ACADEMIC HOSPITAL OF GADJAH MADA UNIVERSITY

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ABSTRACT

Background: Nurses working in Intensive Care Units (ICUs) face high job demands, critically ill patients, and emotional pressure, which increase the risk of occupational stress and may affect nurses' health and healthcare quality. Coping strategies are individual efforts to manage internal and external stressors to reduce occupational stress.

Objective: To examine the relationship between coping strategies and occupational stress among ICU nurses at Gadjah Mada University Academic Hospital.

Methods: This quantitative descriptive correlational study used a cross-sectional design. A total of 64 ICU nurses were selected using consecutive sampling. Coping strategies were measured using the Brief COPE questionnaire, and occupational stress was assessed using an occupational stress questionnaire. Data were analyzed using univariate analysis and Spearman's rank correlation test.

Results: Problem-focused coping was the most frequently used strategy (50%), followed by emotion-focused coping (31%) and avoidant coping (19%). Most nurses experienced mild occupational stress (87.5%). Significant associations were found between problem-focused coping and occupational stress ($p = 0.013$) and between emotion-focused coping and occupational stress ($p = 0.043$). No significant association was found between avoidant coping and occupational stress ($p = 0.144$).

Conclusion: ICU nurses predominantly use problem-focused coping and generally experience mild occupational stress. Problem-focused and emotion-focused coping are significantly associated with occupational stress, whereas avoidant coping is not.

Keywords: intensive care units, nurses, coping behavior, occupational stress.

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HUBUNGAN STRATEGI KOPING DENGAN STRES KERJA PERAWAT DI INTENSIVE CARE UNIT RUMAH SAKIT AKADEMIK UNIVERSITAS GADJAH MADA

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INTISARI

Latar Belakang: Perawat yang bekerja di *Intensive Care Unit* (ICU) menghadapi tuntutan kerja tinggi, kondisi pasien kritis, serta tekanan emosional yang dapat meningkatkan risiko stres kerja. Stres kerja yang tidak dikelola dengan baik berpotensi berdampak pada kesehatan perawat dan kualitas pelayanan. Strategi koping merupakan upaya individu dalam mengelola stresor internal maupun eksternal guna menurunkan tingkat stres kerja.

Tujuan: Mengetahui hubungan antara strategi koping dengan stres kerja perawat di ICU Rumah Sakit Akademik Universitas Gadjah Mada.

Metode: Penelitian ini menggunakan desain kuantitatif deskriptif korelasional dengan pendekatan *cross-sectional*. Sampel terdiri dari 64 perawat ICU yang dipilih menggunakan teknik *consecutive sampling*. Strategi koping diukur menggunakan kuesioner *Brief COPE*, sedangkan tingkat stres kerja diukur menggunakan kuesioner stres kerja. Analisis data dilakukan secara univariat dan bivariat menggunakan uji korelasi *Spearman*.

Hasil: Strategi koping yang paling banyak digunakan adalah *problem-focused coping* (50%), diikuti *emotional-focused coping* (31%) dan *avoidant coping* (19%). Tingkat stres kerja perawat didominasi oleh stres ringan (87,5%). Hasil analisis bivariat menunjukkan ada hubungan yang bermakna antara *problem focus coping* dengan stres kerja $p=0,013$ ($p<0,05$) dan *emotional focus coping* dengan stres kerja $p=0,043$ ($p<0,05$), sedangkan *avoidant/less useless coping* tidak menunjukkan hubungan yang bermakna dengan stres kerja $p=0,144$ ($p>0,05$).

Kesimpulan: Perawat ICU menggunakan berbagai strategi koping dengan dominasi *problem-focused coping* dan tingkat stres kerja yang sebagian besar berada pada kategori ringan. Strategi koping *problem-focused* dan *emotion-focused* berhubungan secara signifikan dengan stres kerja perawat ICU, sedangkan *avoidant/less useless coping* tidak menunjukkan hubungan yang bermakna.

Kata Kunci: ICU, perawat, strategi koping, stres kerja.

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