

**THE RELATIONSHIPS BETWEEN PERCEIVED DAILY STRESS AND
ISLAMIC RELIGIOUS COPING WITH STRESS-RELATED GROWTH
AMONG SURGICAL TEAM DOCTORS**

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ABSTRACT

Stress in general is something that is considered negative by most people, but stress in fact can also bring positive consequences, called Stress-Related Growth (SRG). The purpose of this research is to examine whether perceived daily stress and islamic religious coping can affect the occurrence of SRG in surgical team doctors. The study involved 91 surgical team doctors aged 25-59 years. The measurement instruments used in this research were Stress-Related Growth Scale, Perceived Daily Stress Scale, and Islamic Religious Coping Scale. The research method used was quantitative with the analysis of correlation and multiple regression (path analysis). The results showed that there was a correlation between perceived daily stress with SRG, $r = -0,600$ ($p < 0.01$) and islamic religious coping with SRG, $r = 0.628$ ($p < 0.01$). Islamic religious coping was found to reduce the negative effects of perceived daily stress on SRG (partial mediation). Therefore, it can be concluded that perceived daily stress can affect SRG either directly or indirectly through islamic religious coping.

Keywords: *islamic religious coping, perceived daily stress, Stress-Related Growth, surgical team doctor*

HUBUNGAN ANTARA *PERCEIVED DAILY STRESS* DAN KOPING RELIGIUS ISLAMI DENGAN *STRESS-RELATED GROWTH* PADA PROFESI DOKTER TIM BEDAH

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ABSTRAK

Stres pada umumnya merupakan suatu hal yang dianggap negatif oleh sebagian besar orang, namun stres kenyataannya juga dapat membawa konsekuensi positif, yang disebut dengan *Stress-Related Growth* (SRG). Tujuan dari peneliti ini ialah untuk menguji apakah *perceived daily stress* dan koping religius islami dapat memengaruhi terjadinya SRG pada dokter tim bedah. Penelitian ini melibatkan 91 orang dokter tim bedah dengan usia 25-59 tahun. Instrumen pengukuran yang digunakan dalam penelitian ini adalah Skala *Stress-Related Growth*, Skala *Perceived Daily Stress*, dan Skala Koping-Religius Islami. Metode penelitian yang digunakan adalah kuantitatif dengan analisis korelasi dan regresi berganda (*path analysis*). Hasil analisis menunjukkan bahwa terdapat korelasi antara *perceived daily stress* dengan SRG, $r = -0,600$ ($p < 0,01$) dan koping religius islami dengan SRG, $r = 0,628$ ($p < 0,01$). Koping religius islami ditemukan dapat mengurangi efek negatif dari *perceived daily stress* terhadap SRG (mediasi parsial). Maka dari itu, dapat disimpulkan bahwa *perceived daily stress* dapat memengaruhi SRG baik secara langsung maupun tidak langsung melalui koping religius islami.

Kata kunci: dokter tim bedah, koping religius islami, *perceived daily stress*, *Stress-Related Growth*,