

STRATEGI *COPING* DAN *BURNOUT* PADA PERAWAT RSUD PRAMBANAN

Abstrak

Penelitian ini bertujuan untuk mengetahui peran strategi *coping* terhadap kecenderungan *burnout* pada perawat di RSUD Prambanan. Dalam penelitian ini, *problem-focused coping* dan *emotion-focused coping* sebagai variabel independen (prediktor), dan *burnout* sebagai variabel dependen (kriterium). Subjek dalam penelitian ini adalah perawat yang telah bekerja minimal satu tahun dan telah menempuh pendidikan minimal Akademi Keperawatan ($n = 42$). Alat Ukur yang digunakan adalah Skala *Burnout* dan Skala *Coping The Brief COPE*. Analisis data penelitian menggunakan teknik analisis regresi linier berganda. Hasil analisis data penelitian menunjukkan strategi *coping problem-focused coping* dan *emotion-focused coping* secara signifikan berperan terhadap tingkat *burnout* sebesar 22,9% ($R^2 = 0,229$, $p < 0,05$). *Problem-focused coping* secara parsial memiliki korelasi negatif dengan *burnout* ($r = -1,955$, $p < 0,05$). *Emotion-focused coping* secara parsial tidak memiliki pengaruh yang signifikan terhadap *burnout* ($p > 0,05$).

Kata kunci : *Emotion-Focused Coping, Problem-Focused Coping, Burnout*

COPING STRATEGIES AND BURNOUT TOWARDS PRAMBANAN HOSPITAL'S NURSES

Abstract

This study aims to determine the role of coping strategies on the tendency of burnout in nurses in Prambanan Hospital. In this study, problem-focused coping and emotion-focused coping as independent variables (predictors), and burnout as the dependent variable (criteria). The subjects in this study were nurses who had worked at least one year and had taken a minimum of nursing education ($n = 42$). The measurement tools used are the Burnout Scale and the Coping Scale of The Brief COPE. Analysis of research data using multiple linear regression analysis techniques. The results of the research data showed that problem-focused coping and emotion-focused coping strategies significantly contributed to the burnout level of 22.9% ($R^2 = 0.229$, $p < 0.05$). Problem-focused coping partially has a negative correlation with burnout ($r = -1,955$, $p < 0.05$). Emotion-focused coping partially does not have a significant effect on burnout ($p > 0.05$).

Keywords: Emotion-Focused Coping, Problem-Focused Coping, Burnout