

Self-Esteem sebagai Mediator Peran Strategi Koping Adaptif terhadap Distres Psikologis pada Tenaga Kesehatan di Masa Pandemi COVID-19

Abstrak

Situasi pandemi COVID-19 yang serba tidak pasti serta beban kerja yang meningkat menyebabkan tenaga kesehatan mengalami distres psikologis yang berdampak pada penurunan kinerja mereka. Distres psikologis dipengaruhi oleh strategi koping adaptif. Penelitian ini bertujuan untuk menguji peran *self-esteem* sebagai mediator antara strategi koping adaptif dan distres psikologis pada tenaga kesehatan di masa pandemi COVID-19. Hipotesis penelitian ini adalah *self-esteem* memediasi peran strategi koping adaptif terhadap distres psikologis. Partisipan penelitian merupakan 355 tenaga kesehatan di Indonesia. Penelitian dilakukan melalui metode survei daring dengan mengisi Skala Distres Psikologis, Skala Strategi Koping Adaptif, dan RSES (*Rosenberg's Self-Esteem Scale*). Berdasarkan hasil analisis menggunakan *Process Macro for SPSS*, disimpulkan bahwa *self-esteem* memediasi peran strategi koping adaptif terhadap distres psikologis ($ab = -0,0732$, 95% CI $-0,1360$; $-0,0229$). Strategi koping adaptif memengaruhi distres psikologis melalui perantara *self-esteem*. Hasil penelitian ini memberikan pemahaman lebih lanjut mengenai pentingnya strategi koping adaptif dan *self-esteem* untuk mencegah distres psikologis pada tenaga kesehatan.

Kata kunci: *distres psikologis, pandemi COVID-19, self-esteem, strategi koping adaptif, tenaga kesehatan*

Self-Esteem as a Mediator of the Role of Adaptive Coping Strategies on Psychological Distress among Healthcare Workers during the COVID-19 Pandemic

Abstract

The uncertain situation of the COVID-19 pandemic and the increasing workload caused healthcare workers to experience psychological distress which resulted in the decrease of their performance. Psychological distress is influenced by adaptive coping strategies. This research aimed to examine the role of self-esteem as the mediator between adaptive coping strategies and psychological distress in healthcare workers during the COVID-19 pandemic. It was hypothesized that self-esteem mediates the role of adaptive coping strategies on psychological distress. The research participants were 355 healthcare workers in Indonesia. The research was conducted through an online survey method by filling out the Psychological Distress Scale, Adaptive Coping Strategy Scale, and RSES (Rosenberg's Self-Esteem Scale). Based on the results of the analysis using Process Macro for SPSS, it is concluded that self-esteem mediates the role of adaptive coping strategies on psychological distress ($ab = -0,0732$, 95% CI $-0,1360$; $-0,0229$). Adaptive coping strategies affect psychological distress through the mediation of self-esteem. The results of this study provide further understanding of the importance of adaptive coping strategies and self-esteem to prevent psychological distress in healthcare workers.

Keywords: *adaptive coping strategies, COVID-19 pandemic, healthcare workers, psychological distress, self-esteem*