

ABSTRAK

Penelitian ini bertujuan untuk mengetahui bagaimana gambaran *coping stress* pada tenaga kesehatan yang bertugas menangani pasien covid 19. Penelitian ini menggunakan desain penelitian kualitatif dengan teknik pengumpulan data menggunakan observasi non partisipan dan wawancara. Subjek penelitian terdiri dari 5 tenaga kesehatan yang bertugas menangani pasien covid19. Metode Triangulasi data yang digunakan dalam penelitian ini adalah menggunakan triangulasi sumber. Hasil yang diperoleh dari penelitian ini adalah menunjukkan bahwa masing–masing subjek tenaga kesehatan yang bertugas menangani pasien covid19 mengalami stress dan kelima subjek cenderung melakukan *coping stress* dengan pendekatan *problem focused coping* maupun *emotional focused coping*. Ketiga subjek cenderung menggunakan *emotional focused coping* yaitu *accepting responsibility, distancing, positive reappraisal* dan *escape avoidance*, Sedangkan dua subjek lainnya cenderung menggunakan *problem focused coping* yaitu *planfull problem solving*. Penggunaan dari *coping stress* yang dilakukan oleh masing–masing subjek akan dibahas lebih lanjut dalam penelitian ini.

Kata Kunci: *Coping Stress*, Tenaga Kesehatan, Pasien Covid-19

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ABSTRACT

This study aims to find out how the picture of coping with stress in health workers in charge of handling covid 19 patients. This study used a qualitative research design with data collection techniques using non-participant observations and interviews. The research subjects consisted of 5 health workers in charge of handling COVID-19 patients. The data triangulation method used in this research is source triangulation. The results obtained from this study showed that each subject of health workers in charge of dealing with COVID-19 patients experienced stress and the five subjects tended to do stress coping with problem focused coping and emotional focused coping approaches. The three subjects tend to use emotional focused coping, namely accepting responsibility, distancing, positive reappraisal and escape avoidance, while the other two subjects tend to use problem focused coping, namely planful problem solving. The use of stress coping carried out by each subject will be discussed further in this study.

Keywords: *Coping with Stress, Health Workers, Covid-19 Patients*

