

ABSTRAK

GAMBARAN STRESOR DAN SUMBER KOPING PADA MAHASISWA S1 KEPERAWATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Mahasiswa merupakan kelompok individu yang rentan mengalami ketidakseimbangan hidup khususnya dalam bidang akademik karena harus memenuhi tanggung jawab dan tuntutan akademik sehingga mengalami stres. Stres diakibatkan oleh stresor yang dirasakan oleh mahasiswa. Salah satu cara untuk mengatasi stresor dengan mengembangkan sumber koping yang baik.

Tujuan: Mengetahui gambaran stresor dan sumber koping pada mahasiswa S1 Keperawatan Universitas Jenderal Soedirman.

Metode: Penelitian ini menggunakan desain penelitian deskriptif kuantitatif dengan pendekatan kohort retrospektif.

Hasil Penelitian: Hasil penelitian menunjukkan bahwa sebagian besar responden tidak merasakan stresor, yaitu 95 orang (50,5%), stresor keluarga, yaitu sebanyak 137 orang (72,9%), dan stresor lingkungan sosial, yaitu sebanyak 85 orang (45,2%) dan mayoritas responden kurang merasakan stresor pendidikan, yaitu sebanyak 90 orang (47,9%) serta stresor internal, yaitu sebanyak 87 orang (46,3%). Selain itu, mayoritas responden memiliki sumber koping secara keseluruhan yang baik, yaitu sebanyak 176 orang (93,6%), sumber koping keyakinan positif yang baik, yaitu sebanyak 176 orang (93,6%), sumber koping kemampuan individu, yaitu sebanyak 113 orang (60,1%), sumber koping aset material, yaitu sebanyak 182 orang (96,8%), dan sumber koping dukungan sosial, yaitu sebanyak 167 orang (88,8%).

Kesimpulan: Stresor secara keseluruhan dalam kategori stresor tidak dirasakan sedangkan sumber koping secara keseluruhan dalam kategori baik.

Kata Kunci: Mahasiswa keperawatan, stresor, sumber koping,

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ABSTRACT

DESCRIPTION OF STRESSORS AND COPING RESOURCES IN UNDERGRADUATE NURSING STUDENTS JENDERAL SOEDIRMAN UNIVERSITY

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Background: Students are a group of individuals who are prone to experiencing life imbalances, especially in the academic, because they have to fulfill academic responsibilities and demands, which causes them to experience stress. Stress because of the stressors that students. One way to deal with stressors is to develop good coping sources.

Outcome: Know the description of stressors and coping resources in undergraduate nursing students at Jenderal Soedirman University.

Methods: This study used a quantitative descriptive research design with a cohort retrospective approach.

Results: The results showed that most of the respondents did not feel stressors were as 95 people (50.5%), family stressors were as 137 people (72.9%), and social environment stressors were as 85 people (45.2%) than most of the respondents less experienced academic stressors were as 90 people (47.9%) and internal stressors were as 87 people (46.3%). According to the study's findings, the majority of respondents has good overall coping resources were as 176 people (93.6%), positive beliefs coping resources were as 176 people (93,6%), individual ability coping resources were as 113 people (60.1%), material asset coping resources were as 182 people (96.8%), and social support coping resources were as 167 people (88,8%).

Conclusion: Stressors, in general, are mostly do not feel stressors, whereas coping resources, in general, are mostly good.

Keywords: Nursing students, stressor, coping resources

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