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ABSTRAK

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Hubungan Strategi Koping dengan Stres Menghadapi Pandemi COVID-19
pada Usia Dewasa (19-65 tahun) di Kelurahan Kupang Ambarawa
c + 128 Halaman + 11 Tabel + 2 Gambar + 9 Lampiran

Pandemi COVID-19 yakni fenomena baru berupa penyakit saluran pernafasan yang disebabkan *Severe Acute Respiratory Syndrome Coronavirus 2* sudah berlangsung lebih dari setahun dan memberikan salah satu dampak yakni stres. Masalah psikologis ini berpersentase tinggi dialami oleh usia dewasa. Strategi koping dikenal dapat mengatasi stres. Tujuan penelitian ini yakni menganalisis hubungan strategi koping dengan stres menghadapi pandemi COVID-19 pada usia dewasa khususnya di Kelurahan Kupang Ambarawa. Penelitian ini merupakan studi kuantitatif jenis analitik korelasi dengan pendekatan *cross-sectional* yang menggunakan kuesioner *The Ways of Coping* untuk mengukur strategi koping dan *Perceived Stress Scale-10* untuk mengukur tingkat stres. Teknik sampling menggunakan *Proportionated Stratified Random Sampling*. Penelitian dilakukan di 13 RW Kelurahan Kupang Ambarawa bulan November – Desember 2021. Sampel terdiri dari 110 responden dengan rentang usia 19-65 tahun. Hasil penelitian menunjukkan mayoritas responden di Kelurahan Kupang Ambarawa memiliki tingkat stres sedang sebesar 71,8% dan menggunakan strategi koping adaptif sebesar 60,9% selama masa pandemi. Hasil uji korelasi *Pearson Chi Square* variabel strategi koping dan stres dengan *p-value* < 0,05 adalah 0,01. Berdasarkan hal tersebut, maka diperlukan peningkatan kepedulian dan perhatian dari perawat dan masyarakat mengenai penanganan stres yang tepat dan adaptif di masa pandemi.

Kata Kunci: COVID-19, strategi koping, stres, dewasa
Daftar Pustaka: 110 (1984-2022)

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ABSTRACT

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The Association of Coping Strategy with Stress Facing COVID-19 Pandemic in Adulthood (19-65 years) in Kupang Ambarawa Village
c + 128 Pages + 11 Tables + 2 Figures + 9 Attachments

The COVID-19 pandemic is new phenomenon as a respiratory disease caused by Severe Acute Respiratory Syndrome Coronavirus 2 that have lasted more than a year and have one of the effects of stress. This psychological problem is high in percentage experienced by adulthood. Coping strategies are known to cope with stress. The purpose of this study is to analyze the relationship of coping strategies with the stress of facing the COVID-19 pandemic in adulthood, especially in Kupang Ambarawa Village. The study is a quantitative study of a type of correlation analytics with a cross-sectional approach that uses The Ways of Coping questionnaire to measure coping strategies and Perceived Stress Scale-10 to measure stress levels. Sampling technique uses Proportionated Stratified Random Sampling. The study was conducted at 13 RW Kupang Ambarawa Village from November to December 2021. The sample consisted of 110 respondents with an age range of 19-65 years. The result showed that the majority of respondents in Kupang Ambarawa Village had moderate stress levels of 71,8% and used adaptive coping strategies of 60,9% during the pandemic. Pearson Chi Square correlation test results in coping and stress strategy variables with a p-value of < 0.05 is 0.01. Based on this, it is necessary to increase the care and attention of nurses and the public about proper and adaptive stress management in pandemic times.

Keywords: COVID-19, coping strategies, stress, adult
Bibliography: 110 (1984-2022)