

**PENGARUH STRATEGI KOPING TERHADAP STRESS KERJA TENAGA
KESEHATAN NON MEDIS DI INSTALASI BEDAH SENTRAL (IBS)
RSUD KOTA BANDUNG**

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ABSTRAK

Stres kerja merupakan kondisi yang umum terjadi pada tenaga kesehatan, terutama di lingkungan kerja yang memiliki tekanan tinggi seperti Instalasi Bedah Sentral. Strategi koping menjadi mekanisme penting untuk mengelola stres dan mempertahankan stabilitas emosi saat menghadapi tuntutan pekerjaan. Penelitian ini bertujuan untuk mengetahui pengaruh strategi koping terhadap tingkat stres kerja pada tenaga kesehatan di IBS. Penelitian ini menggunakan pendekatan kuantitatif dengan desain cross-sectional. Jumlah responden sebanyak 42 orang tenaga kesehatan yang bekerja di Instalasi Bedah Sentral RSUD Kota Bandung, dengan teknik pengambilan sampel menggunakan total sampling. Data dikumpulkan melalui kuesioner dan dianalisis menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan antara strategi koping dengan tingkat stres kerja ($p = 0,015$; $p < 0,05$). Responden yang menggunakan strategi *Problem-Focused Coping* memiliki kecenderungan lebih tinggi untuk mengalami stres kerja ringan (69%), dibandingkan dengan responden yang menggunakan *Emotion-Focused Coping* yang cenderung mengalami stres berat (76,9%). Kesimpulannya, strategi koping berpengaruh terhadap tingkat stres kerja. Strategi koping berorientasi pada pemecahan masalah terbukti lebih efektif dalam menurunkan tingkat stres kerja di lingkungan kerja bertekanan tinggi seperti Instalasi Bedah Sentral. Oleh karena itu, penting bagi institusi pelayanan kesehatan untuk memberikan pelatihan koping adaptif guna mendukung kesejahteraan psikologis tenaga kesehatan.

Kata Kunci: *Emotional-Focused Coping*, IBS, *Problem-Focused Coping*, Strategi Koping, Stres Kerja.

**THE INFLUENCE OF COPING STRATEGIES ON WORK STRESS OF
NON-MEDICAL HEALTHCARE WORKERS AT THE CENTRAL
SURGICAL UNIT OF BANDUNG CITY HOSPITAL**

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ABSTRAK

Work-related stress is a common condition among healthcare workers, particularly in high-pressure work environments such as the Central Surgical Unit. Coping strategies serve as an important mechanism for managing stress and maintaining emotional stability when facing work demands. This study aims to investigate the influence of coping strategies on work-related stress levels among healthcare workers in the Central Surgical Unit (IBS). The study employs a quantitative approach with a cross-sectional design. The sample consisted of 42 healthcare workers employed at the Central Surgical Unit of Bandung City General Hospital, with a total sampling technique used for data collection. Data were gathered through a questionnaire and analysed using the Chi-Square test. The results indicated a significant association between coping strategies and work-related stress levels ($p = 0.015$; $p < 0.05$). Respondents who used Problem-Focused Coping strategies were more likely to experience mild work-related stress (69%), compared to those who used Emotion-Focused Coping, who were more likely to experience severe stress (76.9%). In conclusion, coping strategies influence work-related stress levels. Problem-focused coping strategies have proven to be more effective in reducing work-related stress in high-pressure work environments such as the Central Surgical Unit. Therefore, it is important for healthcare institutions to provide adaptive coping training to support the psychological well-being of healthcare workers.

Keywords: *Coping Strategies, Emotional-Focused Coping, Operating Room, Problem-Focused Coping, Work Stress,.*