

# Hubungan antara Karakteristik, Kecemasan dan Stres dengan Efikasi Diri Mahasiswa Profesi Ners di Masa Pandemi COVID-19 = The Relationship between Characteristics, Anxiety and Stress with Self-Efficacy of Nurse Profession Students during the COVID-19 Pandemic

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## Abstrak

Pendidikan profesi merupakan pendidikan yang perlu ditempuh oleh mahasiswa keperawatan guna menjadi perawat profesional. Namun, selama masa pandemik COVID-19 terdapat beberapa perubahan yang mengharuskan mahasiswanya mengalami adaptasi. Hal ini erat kaitannya dengan efikasi diri mahasiswa profesi ners selama menjalani pendidikan profesi. Objective: Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara karakteristik, kecemasan dan stres mahasiswa profesi ners FIK UI dengan efikasi diri di masa pandemik COVID-19.

Metode: metode yang digunakan yaitu cross-sectional dengan pengambilan seluruh sampel sebanyak 107 mahasiswa profesi ners FIK UI baik dari program S1 Reguler maupun S1 Ekstensi. Data dikumpulkan menggunakan kuesioner GSES dan DASS 42 bagian kecemasan dan stres

Hasil: Terdapat hubungan yang signifikan antara karakteristik jenis kelamin dengan efikasi diri ( $p = 0,014$ ). Ada hubungan yang signifikan antara tingkat kecemasan dengan efikasi diri ( $p < 0,001$ ). Ada hubungan yang signifikan antara tingkat stress dengan efikasi diri ( $p < 0,001$ ). Rata-rata efikasi diri mahasiswa profesi ners FIK UI yaitu 30,06 dari nilai maksimum 40.

Kesimpulan: terdapat hubungan yang signifikan antara karakteristik jenis kelamin, kecemasan dan stress dengan efikasi diri. Mahasiswa profesi ners FIK UI laki-laki memiliki efikasi diri yang lebih tinggi daripada mahasiswa profesi perempuan. Semakin tinggi efikasi diri mahasiswa profesi maka semakin rendah tingkat kecemasan dan stress yang dirasakan. Rata-rata efikasi diri mahasiswa profesi ners FIK UI baik. Meskipun demikian, tingkat kecemasan dan stress mahasiswa profesi dalam menjalani proses pembelajaran profesi masih tinggi.

..... Professional education is an education that nursing students need to take to become professional nurses. However, during the COVID-19 pandemic, there were several changes that required students to adapt. This is closely related to the self-efficacy of nursing profession students during their professional education.

Objective: The purpose of this study was to determine the relationship between the characteristics, anxiety and stress of nursing profession students at FIK UI with self-efficacy during the COVID-19 pandemic.

Methods: the method used is cross-sectional with a total sample of 107 nursing professional students from FIK UI, both from the Regular S1 program and the Extension S1 program. Data were collected using a GSES and DASS questionnaire part anxiety and stress.

Results: There was a significant relationship between gender characteristics and self-efficacy ( $p = 0.014$ ). There was a significant relationship between the level of anxiety and self-efficacy ( $p < 0.001$ ). There was a significant relationship between stress levels and self-efficacy ( $p < 0.001$ ). The average self-efficacy of FIK UI nursing professional students is 30.06 out of a maximum score of 40.

Conclusion: there is a significant relationship between the characteristics of gender, anxiety and stress with self-efficacy. Male FIK UI nursing professional students have higher self-efficacy than female professional students. The higher the self-efficacy of professional students, the lower the level of anxiety and stress felt. The average self-efficacy of FIK UI nursing professional students is good. However, the level of anxiety and stress of professional students in undergoing the professional learning process is still high.