

Hubungan antara Mindfulness dan Emotional Contagion pada Tenaga Kesehatan = The Relationship between Mindfulness and Emotional Contagion in Healthcare Workers

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Abstrak

Penelitian ini bertujuan untuk melihat hubungan antara mindfulness dan emotional contagion pada tenaga kesehatan. Hipotesis pada penelitian ini adalah terdapat hubungan antara mindfulness dan emotional contagion. Penelitian ini memiliki sebanyak 68 jawaban responden yang dapat digunakan pada penelitian ini. Alat ukur yang digunakan pada penelitian ini adalah Mindfulness Attention Awareness Scale (MAAS) dan Emotional Contagion Scale (ECS). Hasil yang didapatkan dalam penelitian ini adalah terdapat hubungan negatif antara mindfulness dan emotional contagion pada tenaga kesehatan. Pada penelitian ini juga ditemukan perbedaan emotional contagion pada kelompok rata-rata penghasilan kurang dan lebih dari Rp3.500.000. Selain itu, terdapat hubungan antara mindfulness dan usia serta hubungan antara usia dan kedekatan dengan rekan kerja

.....The purpose of this study was to see the relationship between mindfulness and emotional contagion in healthcare workers. The hypothesis in this study is that there is a relationship between mindfulness and emotional contagion. This study had 68 respondents' answers that can be used in this study. The measuring instruments used in this study were the Mindfulness Attention Awareness Scale (MAAS) and the Emotional Contagion Scale (ECS). The results obtained in this study are that there is a negative relationship between mindfulness and emotional contagion in health workers. This study also found differences in emotional contagion in the group with an average income of less and more than Rp3.500.000. In addition, there is a relationship between mindfulness and age and also between age and closeness to coworkers.