

Hubungan antara efikasi diri dan resiliensi dengan strategi koping pada lulusan baru ners yang belum bekerja selama pandemi covid-19 = The relationship between self-efficacy and resilience with coping strategies in unemployed new graduates from nursing program during the covid-19 pandemic.

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Abstrak

Sumberdaya psikologis memiliki peranan yang cukup esensial untuk mempertahankan kesejahteraan fisik dan emosional individu dalam situasi sulit yang dihadapi. Penelitian ini bertujuan untuk mengidentifikasi lebih lanjut terkait hubungan antara efikasi diri dan resiliensi pada pengangguran terdidik selama pandemi COVID-19. Metode penelitian yang digunakan adalah riset kuantitatif dengan desain penelitian deskriptif-korelasi, serta pendekatan potong lintang. Sebanyak 109 lulusan baru Ners yang belum bekerja dan berasal dari perguruan tinggi dengan tingkat akreditasi A dan B di Indonesia terlibat dalam penelitian ini, serta dikumpulkan dengan menggunakan teknik stratified random sampling serta purposive sampling. Analisis univariat menggunakan uji proporsi menunjukkan bahwa sebanyak 59.6% responden memiliki tingkat efikasi diri tinggi dan menggunakan strategi koping berfokus pada masalah; serta sebanyak 52.9% responden memiliki tingkat resiliensi tinggi. Sedangkan analisis bivariat menggunakan uji kai kuadrat menunjukkan adanya hubungan yang signifikan antara variabel efikasi diri dan strategi koping ($p=0,022$), akan tetapi variabel resiliensi dan strategi koping ditemukan tidak memiliki hubungan yang signifikan ($p=0.555$). Temuan penelitian ini dapat membantu pengembangan pelayanan, pendidikan, maupun penelitian keperawatan terkait upaya peningkatan efikasi diri; resiliensi; dan penggunaan strategi koping, serta minimalisasi fenomena pengangguran di kalangan lulusan baru Ners.

.....Psychological resources have an essential role in maintaining the physical and emotional well-being of individuals in their difficult situations. This study aims to further identify the relationship between self-efficacy and resilience with coping strategies in unemployed new graduates during COVID-19 pandemic. The method that used in this quantitative research is descriptive correlative with cross-sectional approach. Total of 109 unemployed new graduates in Indonesia from the nursing profession program based on their accreditation level were involved on this study and selected by stratified random sampling and purposive sampling. Univariate analysis using the proportion test showed that as many as 59.6% of respondents have a high level of self-efficacy and use problem-focused coping strategies; and as many as 52.9% of respondents have a high level of resilience. The results of bivariate analysis using the chi-square test obtained the value of $p=0,022$ which shows a significant relationship between self-efficacy and coping strategies. However, resilience and coping strategies variables were found to have no significant relationship. The findings of this study can assist the development of nursing services, education, and research according to efforts to increase self-efficacy, resilience, and the use of coping strategies; and also the minimization of unemployment among new graduates from the nursing profession program.