

ABSTRAK

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HUBUNGAN KESEHATAN SPIRITUAL, STRES PRAKTIK KLINIK, DAN KECENDERUNGAN DEPRESI PADA MAHASISWA KEPERAWATAN DI INDONESIA

(xiii + 71 Halaman; 1 Bagan; 8 Tabel; 8 Lampiran)

Mahasiswa keperawatan lebih rentan mengalami stres yang berhubungan dengan praktik klinik sehingga berujung pada depresi. Kesehatan spiritual dapat membuat mahasiswa menjadi lebih sabar dan tenang. Namun, data mengenai hal tersebut belum banyak ditemukan. Penelitian ini bertujuan untuk mengetahui hubungan kesehatan spiritual, stres praktik klinik dan kecenderungan depresi pada mahasiswa keperawatan di Indonesia. Penelitian kuantitatif korelasional ini menggunakan *accidental sampling*. Kuesioner penelitian menggunakan *Spiritual Health and Life-Orientation Measure* (SHALOM) (Cronbach's $\alpha=0,930$), *Perceived Stress Scale for Nursing Students* (PSS) (Cronbach's $\alpha=0,937$), dan BDI-II (Cronbach's $\alpha=0,90$), versi Bahasa Indonesia. Sampel penelitian berjumlah 399 orang, dianalisis dengan uji Pearson dan koefisien korelasi rank Spearman. Penelitian ini menunjukkan adanya hubungan yang signifikan antara kesehatan spiritual dengan kecenderungan depresi ($p \text{ value}=0,037$); dan adanya hubungan antara stres praktik klinik dengan kecenderungan depresi ($p \text{ value} < 0,001$). Penelitian selanjutnya diharapkan dapat mengeksplorasi variabel lain yang mempengaruhi kecenderungan depresi pada mahasiswa keperawatan.

Kata kunci: Kesehatan spiritual, Stres praktik klinik, Kecenderungan depresi, Mahasiswa keperawatan
Referensi: 86 (1985-2020)

ABSTRACT

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RELATION BETWEEN SPIRITUAL HEALTH, CLINICAL PRACTICE STRESS, DEPRESSIVE TENDENCY AMONG NURSING STUDENTS IN INDONESIA

(xiii + 71 Page; 1 Charts; 8 Table; 8 Attachments)

Nursing students are more prone to experience clinical practice related stress that leads to depression. Spiritual health can make students be more patient and calmer. However, literature regarding this matter has not been written much. This research aims to determine the correlation between spiritual health, clinical practice related stress and depression tendency among nursing students in Indonesia. This study used a correlational quantitative with accidental sampling technique. obtaining 399 respondents. The research used Spiritual Health and Life-Orientation Measure (SHALOM) (Cronbach's alpha = 0.930), Perceived Stress Scale for Nursing Students (PSS) (Cronbach's alpha = 0.937), and BDI-II (Cronbach's alpha = 0.90), Indonesian version. The research sample amounted to 399 respondents, analyzed by using Pearson test and the Spearman rank correlation coefficient. This study showed a significant correlation between spiritual health and depression tendency (p value=0,037); and also showed a significant correlation between clinical practice stress and depression tendency (p value=<0,001). For the next research is expected to explore other variables that can influence the tendency of depression in nursing students.

Keywords: Spiritual health, Clinical practice stress, Tendency of depression, Nursing students.

References: 86 (1985-2020)