

## ABSTRAK

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### **GAMBARAN KECEMASAN DAN STRATEGI KOPING MAHASISWA SAAT PRAKTIK KLINIK DI MASA PANDEMI COVID-19 DI SALAH SATU UNIVERSITAS SWASTA INDONESIA BAGIAN BARAT**

(xiii + 79 Halaman; 1 Bagan; 7 Tabel; 9 Lampiran)

**Latar Belakang:** COVID-19 adalah penyakit yang disebabkan oleh virus yang disebut SARS dan dapat menular melalui percikan bersin. Jumlah kasus yang meningkat setiap harinya dan ditemukannya beberapa mahasiswa dengan hasil *serology test* reaktif dan hasil swab positif menyebabkan perasaan cemas pada mahasiswa keperawatan saat praktik klinik di rumah sakit. Kecemasan yang tidak diatasi memiliki dampak buruk terhadap kesehatan. Strategi koping dibutuhkan untuk mengurangi rasa cemas. **Tujuan Penelitian:** Untuk mengidentifikasi karakteristik responden, gambaran kecemasan, serta strategi koping yang digunakan oleh mahasiswa saat menjalani praktik klinik di masa pandemi COVID-19. **Metode Penelitian:** Jenis penelitian kuantitatif dengan menggunakan metode penelitian retrospektif dengan pendekatan *purposive cross-sectional*. Sampel pada penelitian ini 134 sampel. Instrumen dalam penelitian adalah kuesioner kecemasan dan strategi koping. Teknik analisa data adalah analisa univariat. **Hasil:** Penelitian ini menunjukkan hasil untuk kecemasan dengan kategori kecemasan sedang 128 orang (95,52%), dan hasil untuk strategi koping *Problem Focused Coping (PFC)* 76 orang (56,7 %). **Kesimpulan:** Mahasiswa keperawatan di salah satu Universitas Swasta di Indonesia bagian Barat paling banyak berada pada kategori kecemasan sedang, serta menggunakan *Problem Focused Coping (PFC)*. Mahasiswa keperawatan perlu mempersiapkan diri sebelum menjalani praktik klinik di masa pandemi COVID-19.

Kata kunci : Kecemasan, Koping, Mahasiswa Keperawatan, COVID-19  
Referensi : 48 (2010-2020)

## **ABSTRACT**

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### ***DESCRIPTION OF ANXIETY AND COPING STRATEGY OF STUDENTS DURING CLINICAL PRACTICE IN THE COVID-19 PANDEMIC PERIOD IN ONE OF THE WEST PARTNERS OF INDONESIA***

*(xiii + 79 Pages; 1 Chart; 7 Tables; 9 Attachments)*

**Background:** COVID-19 is a disease caused by a virus called SARS and can be transmitted through droplets. The number of cases is increasing every day and the discovery of several students with reactive serology test results and positive swab results causing feelings of anxiety in nursing students during clinical practice in hospitals. Anxiety that is not addressed immediately has a negative impact on health. Good coping strategies are needed to reduce anxiety. **Research Objectives:** Identify the characteristics of respondents, descriptions of anxiety, and coping strategies used by students while undergoing clinical practice during the COVID-19 pandemic. **Research Methods:** This type of quantitative research using retrospective research method with a purposive cross-sectional approach. Sample in this study 134 samples. The instruments in the study were anxiety questionnaires and coping strategies. The data analysis technique is univariate analysis. **Results:** This study showed results for anxiety with moderate anxiety category 128 people (95.52%), coping strategies with Problem Focused Coping (PFC) categories 76 people (56.7%). **Conclusion:** Nursing students at a private university in western Indonesia are mostly in the moderate anxiety category, and use Problem Focused Coping (PFC). Nursing students need to prepare themselves before undergoing clinical practice during the COVID-19 pandemic.

**Keywords :** Anxiety, Coping, Nursing Students, COVID-19

**References :** 48 (2010-2020)