

ABSTRAK

Elsa Penedikta Lumban Gaol
Jesi Lofita Rini
Nira Wati Parhusip

(01501220279)
(01501220127)
(01501220192)

“HUBUNGAN *SELF-CARE* DENGAN *RESILIENCE* PADA PERAWAT *INTENSIVE CARE UNIT* DI JAKARTA DAN TANGERANG”

(xiii + 76 Halaman; 1 Bagan; 4 Tabel; 6 Lampiran)

Perawat yang bekerja di *intensive care unit* sering mengalami tekanan tantangan emosional karena tuntutan pekerjaan dalam merawat pasien dengan penyakit terminal. *Self-care* berkontribusi dalam meningkatkan resiliensi perawat. Penelitian ini bertujuan untuk mengidentifikasi hubungan *self-care* dan resiliensi pada perawat di ruangan *intensive care unit*. Metode penelitian ini menggunakan metode kuantitatif korelasional dengan desain *cross-sectional*. Pengumpulan data dilakukan menggunakan kuesioner *self-care practice scale* (SCPS) dan *Resilience scale for nurses* (RSN). Populasi dalam penelitian ini berjumlah 128 perawat yang bekerja di *intensive care unit* di rumah sakit swasta di Jakarta dan Tangerang. Teknik pengambilan sampel menggunakan total sampling dengan jumlah yang bersedia adalah 118 responden, merepresentasikan *response rate* 92,18%. Analisa data menggunakan analisa univariat dan bivariat. Analisa univariat digunakan untuk mengetahui karakteristik responden, distribusi *self-care* dan resiliensi perawat *intensive care unit*. Analisa bivariat dengan uji korelasi *pearson* digunakan untuk menganalisa hubungan antara dua variabel. Hasil penelitian menunjukkan nilai *mean self-care* perawat adalah 45,93 dengan standar deviasi 7,39 dan nilai *mean* resiliensi adalah 78,97 dengan standar deviasi 10,58. Hasil uji korelasi *Pearson* menemukan adanya hubungan positif yang signifikan antara *self-care* dengan resiliensi ($r = 0,476$; $p \text{ value} < 0,001$). Perawat *intensive care unit* yang memiliki praktik *self-care* yang baik cenderung memiliki resiliensi tinggi, sehingga penting untuk mendorong konsistensi *self-care* melalui pelatihan dan edukasi guna meningkatkan kesejahteraan perawat secara menyeluruh dan kualitas pelayanan.

Kata kunci: *Intensive care unit*, Resiliensi, *Self-care*

Referensi: 41 (2014-2024)

ABSTRACT

Elsa Penedikta Lumban Gaol (01501220279)
Jesi Lofita Rini (01501220127)
Nira Wati Parhusip (01501220192)

THE RELATIONSHIP BETWEEN SELF-CARE AND RESILIENCE IN INTENSIVE CARE UNIT NURSES IN JAKARTA AND TANGERANG

(xiii+76 Pages; 1Chart;4 Tables; 6 Attachments)

Nurses working in intensive care units often experience emotional challenges due to work demands in caring for patients with terminal illnesses. Self-care contributes to increasing nurse resilience. This study aims to identify the relationship between self-care and resilience in nurses in intensive care units. This research method will use a quantitative correlational method with a cross-sectional design. Data collection was carried out using the self-care practice scale (SCPS) and Resilience scale for nurses (RSN) questionnaires. The population in this study was 128 nurses working in intensive care units in private hospitals in Jakarta and Tangerang. The sampling technique used was Total sampling, with the number of respondents willing to be 118, representing a response rate of 92.18%. Data analysis used univariate and bivariate analysis. Univariate analysis was used to determine the characteristics of respondents, the distribution of self-care, and the resilience of intensive care unit nurses. Bivariate analysis with the Pearson correlation test was used to analyze the relationship between the two variables. The results showed that the mean self-care was 45.93 with a standard deviation of 7.39, and the mean resilience was 78.97 with a standard deviation of 10.58. The results of Pearson's correlation test found a significant positive relationship between self-care and resilience ($r = 0.476$; $p \text{ value} < 0.001$). Intensive care unit nurses who have good self-care practices tend to have high resilience, so it is important to encourage consistent self-care through training and education to improve nurses' overall well-being and service quality.

Keywords: Intensive care unit, resilience, self care
References: 41 (2014-2024)