

SKRIPSI

HUBUNGAN STRATEGI KOPING DENGAN TINGKAT STRES PERAWAT DALAM MERAWAT PASIEN WISATAWAN DI RUMAH SAKIT INTERNASIONAL X DI BALI



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**PROGRAM STUDI SARJANA ILMU KEPERAWATAN
SEKOLAH TINGGI ILMU KESEHATAN
BINA USADA BALI
2026**

**HUBUNGAN STRATEGI KOPING DENGAN
TINGKAT STRES PERAWAT DALAM MERAWAT
PASIEN WISATAWAN DI RUMAH SAKIT
INTERNASIONAL X DI BALI**

SKRIPSI

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HUBUNGAN STRATEGI KOPING DENGAN TINGKAT STRES PERAWAT DALAM MERAWAT PASIEN WISATAWAN DI RUMAH SAKIT INTERNASIONAL X DI BALI

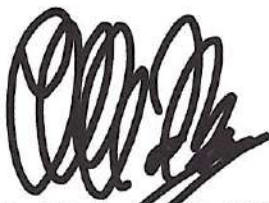
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Menyatakan dengan sebenarnya bahwa tugas akhir saya tulis benar-benar hasil karya saya sendiri, bukan merupakan pengambilalihan tulisan atau pikiran orang lain yang saya akui sebagai tulisan atau pikiran saya sendiri. Apabila dikemudian hari dibuktikan bahwa tugas akhir ini adalah hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.

Denpasar, 17 Juli 2026



(Dewa Ayu Made Dewinta Putri Pradnyani)

**SEKOLAH TINGGI ILMU KESEHATAN
BINA USADA BALI PROGRAM STUDI SARJANA ILMU KEPERAWATAN**

Skripsi, Juli 2026

Dewa Ayu Made Dewinta Putri Pradnyani

**Hubungan Strategi Koping dengan Tingkat Stres Perawat dalam Merawat Pasien
Wisatawan di Rumah Sakit Internasional X di Bali**

Xvi + 87 + 9 tabel + 2 skema + 10 lampiran

ABSTRAK

Peningkatan arus kunjungan wisatawan di Bali meningkatkan kompleksitas pelayanan kesehatan sehingga perawat berisiko mengalami stres kerja akibat tuntutan komunikasi lintas budaya, bahasa, dan kondisi pasien yang beragam. Strategi koping adalah upaya yang dilakukan individu untuk mengatasi dan mengelola stres. Namun, penelitian mengenai hubungan strategi koping dengan tingkat stres perawat di rumah sakit internasional masih terbatas. Penelitian ini bertujuan menganalisis hubungan strategi koping dengan tingkat stres perawat dalam merawat pasien wisatawan di Rumah Sakit Internasional X. Penelitian ini merupakan penelitian kuantitatif dengan desain deskriptif korelasional menggunakan pendekatan *cross-sectional*. Sampel penelitian terdiri dari 25 perawat yang dipilih dengan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner Brief COPE untuk mengukur strategi koping dan *Perceived Stress Scale* (PSS-10) untuk mengukur tingkat stres. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Spearman Rank. Hasil diperoleh strategi koping *problem focused coping* ($r = -0.248$; $p = 0.233$), *emotional focused coping* ($r = 0.354$; $p = 0.082$), dan *maladaptive coping* ($r = -0.168$; $p = 0.421$) tidak memiliki hubungan yang signifikan dengan tingkat stres perawat. Strategi koping, baik *problem focused coping*, *emotional focused coping*, maupun *maladaptive coping*, tidak berhubungan secara signifikan dengan tingkat stres perawat dalam merawat pasien wisatawan di Rumah Sakit Internasional X.

Kata kunci : perawat, strategi koping, tingkat stres

Daftar Pustaka : 87 (2020-2025)

**BINA USADA BALI INSTITUTE OF HEALTH SCIENCES
UNDERGRADUATE NURSING STUDY PROGRAM**

Undergraduate Thesis, July 2026

Dewa Ayu Made Dewinta Putri Pradnyani

**The Relationship Between Coping Strategies and Nurses Stress Levels in Caring for
Tourist Patients at Internatinal Hospital X in Bali**

Xvi + 87 pages + 9 tables + 2 figures + 10 appendices

ABSTRACT

The increasing number of tourist arrivals in Bali has contributed to greater complexity in healthcare services, placing nurses at risk of experiencing work-related stress due to the demands of cross-cultural communication, language barriers, and diverse patient conditions. Coping strategies refer to the efforts made by individuals to manage and deal with stress. However, research examining the relationship between coping strategies and nurses' stress levels in international hospitals remains limited. This study aimed to analyze the relationship between coping strategies and nurses' stress levels in caring for tourist patients at International Hospital X. This study employed a quantitative descriptive-correlational design with a cross-sectional approach. The sample consisted of 25 nurses selected using a purposive sampling technique. Data were collected using the Brief COPE questionnaire to measure coping strategies and the Perceived Stress Scale (PSS-10) to assess stress levels. Data were analyzed using univariate and bivariate analyses, with Spearman's rank correlation test applied for the bivariate analysis. The results showed that problem-focused coping ($r = -0.248$; $p = 0.233$), emotion-focused coping ($r = 0.354$; $p = 0.082$), and maladaptive coping ($r = -0.168$; $p = 0.421$) were not significantly associated with nurses' stress levels. Therefore, problem-focused coping, emotion-focused coping, and maladaptive coping were not significantly associated with nurses' stress levels when caring for tourist patients at International Hospital X.

Keywords: nurses, coping strategies, stress levels

References: 87 (2020–2025)

KATA PENGANTAR

Puji dan syukur penulis panjatkan ke hadirat Tuhan Yang Maha Esa karena atas rahmat dan karunia-Nya sehingga penulis dapat menyelesaikan skripsi yang berjudul *“Hubungan Strategi Koping dengan Tingkat Stres Perawat dalam Merawat Pasien Wisatawan di Rumah Sakit Internasional X di Bali”* dengan baik dan tepat waktu. Skripsi ini disusun sebagai salah satu syarat dalam penyusunan tugas akhir serta sebagai langkah awal dalam pelaksanaan penelitian. Penelitian ini bertujuan untuk mengetahui hubungan antara strategi koping dengan tingkat stres perawat, sehingga diharapkan dapat memberikan kontribusi bagi pengembangan ilmu keperawatan, khususnya dalam bidang manajemen stres tenaga kesehatan. Penulis menyadari dalam penyusunan skripsi ini tidak akan selesai tanpa bantuan dari berbagai pihak. Karenanya pada kesempatan ini penulis ingin mengucapkan terima kasih kepada:

1. Dr. Ir. Putu Santika, MM, selaku Ketua STIKES Bina Usaha Bali
2. Ns. I Putu Artha Wijaya, S.Kep.,M.Kep, Selaku Ketua Program Studi Keperawatan, yang telah arahan sehingga penelitian ini dapat diselesaikan.
3. Ns. Claudia Wuri Prihandini,S.Kep.,M.Kep selaku pembimbing satu yang dengan sabar dan rendah hati dapat memberikan bimbingan dan arahan sehingga penulisan ini dapat diselesaikan
4. Ns. Komang Yogi Triana,S.Kep.,M.Kep.,Sp.Kep.An. selaku pembimbing dua yang dengan sabar dan rendah hati dapat memberikan bimbingan dan arahan untuk menyempurnakan skripsi ini

5. Segenap Dosen STIKES Bina Usada Bali yang telah banyak memberikan materi selama perkuliahan
6. Kepada teman – teman perawat Rumah Sakit Internasional X terutama TIM IPD yang telah bersedia menjadi responden dalam penelitian saya.
7. Keluarga yang selalu memberikan dukungan doa dan moril sehingga skripsi ini dapat diselesaikan

Dalam penyusunan skripsi ini, penulis menyadari bahwa masih terdapat kekurangan dan keterbatasan. Oleh karena itu, penulis mengharapkan kritik dan saran yang membangun demi penyempurnaan skripsi ini. Akhir kata, penulis berharap semoga skripsi ini dapat memberikan manfaat bagi pembaca dan menjadi dasar pelaksanaan penelitian yang baik dan bermanfaat.

Denpasar, 17 Juli 2026

Peneliti

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DAFTAR SINGKATAN

BPS : Badan Pusat Statistik

PSS-10 : *Perceived Stress Scale 10*

WoCQ : *Ways of coping questinare*

WNA : warga negara asing

CFA : *confirmatory factor analysis*

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