

Active Coping and Passive Coping in Overcoming Stress of Covid 19 Survivor's Nurses

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ABSTRACT

Nurses as medical personnel are the forefront of providing services to Covid-19 patients, making them have a high risk of being exposed to the virus. Knowledge, skills and experience regarding the treatment and healing process of this disease can be one of the stressors when the nurse herself is exposed and experiences it, so an effective coping strategy is needed to overcome the level of stress that they felt. This study aims to determine the active coping and passive coping in overcoming stress of covid-19 survivor's nurses in Jabodetabek. Quantitative approach was used to test the hypothesis, with correlation and comparison techniques. The data were collected from 110 samples using Dimension Scale of DASS-21 by Lovibond & Lovibond (1995) and The Simplified Coping Style Questionnaire (SCSQ) by Xie (1998). The correlation result indicated that nurses who survived COVID-19 experienced stress while undergoing treatment or independent isolation, and stress levels were positively correlated with both active and passive coping. The result showed that the higher the stress level experienced by nurses, the higher their efforts to apply coping strategies to deal with stress, both actively and passively. The comparison test result showed that married subjects and low experienced subjects had higher stress level, active coping was widely used by female and subjects who had a diploma educational background.

Keywords: stress, coping stres, survivor's covid-19 nurses