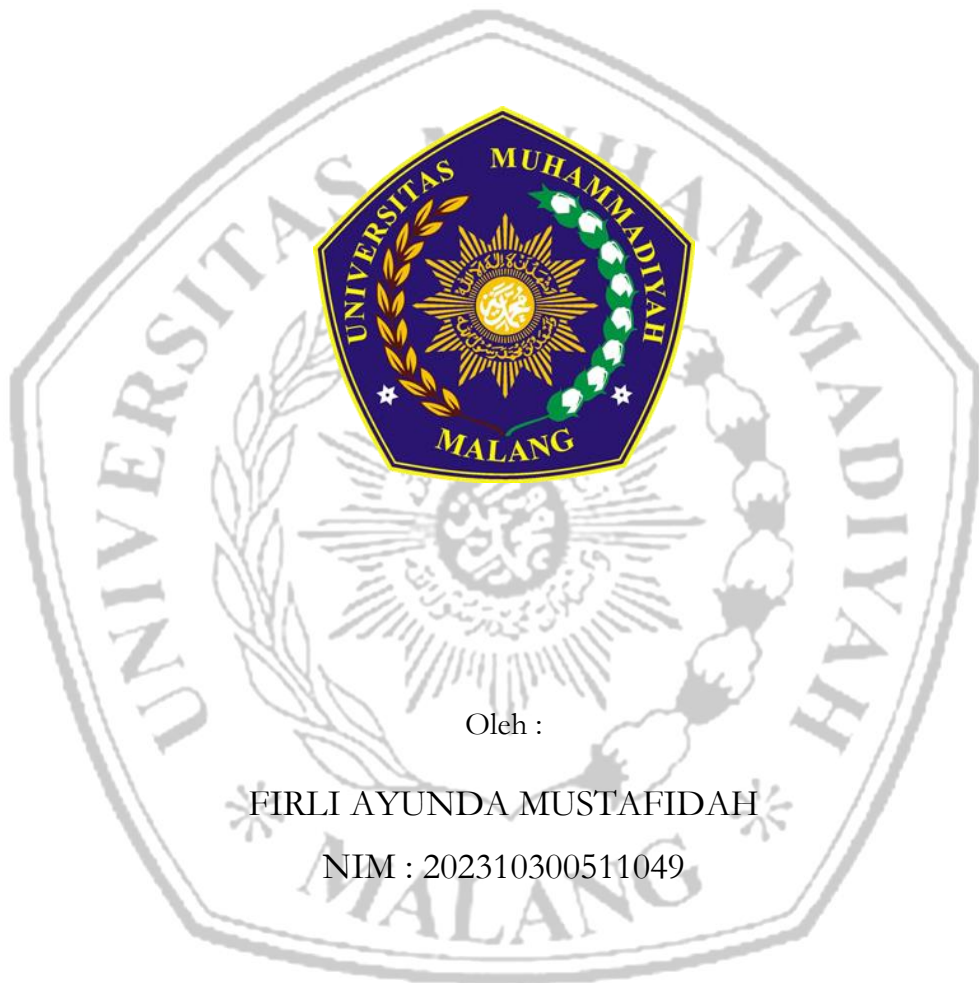


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Resiliensi Perawat dalam Menghadapi Stres Kerja : Studi Fenomenologi
di Rumah Sakit

Karya Tulis Ilmiah



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Malang, 22 Desember 2025

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ABSTRAK

Resiliensi Perawat dalam Menghadapi Stres Kerja : Studi Fenomenologi di Rumah Sakit

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Latar belakang : perawat memiliki tuntutan kerja yang tinggi sehingga rentan mengalami stres kerja yang berdampak pada kesejahteraan psikologis dan kualitas asuhan keperawatan. Stres yang tidak dikelola dengan baik dapat menurunkan kinerja serta meningkatkan kelelahan dan intensi turnover. Oleh karena itu, resiliensi menjadi kemampuan penting bagi perawat dalam menghadapi tekanan kerja di rumah sakit.

Tujuan : penelitian ini bertujuan mengeksplorasi pengalaman perawat dalam membangun dan memaknai resiliensi saat menghadapi stres kerja. **Metode** : penelitian menggunakan metode kualitatif dengan pendekatan fenomenologi. Data dikumpulkan melalui wawancara mendalam semi-terstruktur terhadap delapan perawat rawat inap dengan masa kerja 1–2 tahun menggunakan purposive sampling. Analisis data dilakukan secara tematik dengan triangulasi sumber. **Hasil** : penelitian mengidentifikasi delapan tema utama, 1) meliputi tantangan kerja, 2) motivasi internal, 3) rekonstruksi kognitif, 4) manajemen stres, 5) pemaknaan resiliensi, 6) manfaat resiliensi terhadap asuhan keperawatan, 7) dukungan keluarga dan sejawat, 8) serta pentingnya dukungan organisasi profesi dan institusi. **Kesimpulan** : penelitian ini menyimpulkan bahwa resiliensi perawat terbentuk dari interaksi faktor internal dan eksternal serta berperan positif dalam meningkatkan kualitas asuhan keperawatan.

Kata Kunci : *resiliensi perawat, stres kerja perawat, pengalaman perawat, manajemen stres*

ABSTRACT

Nurses Resilience in Coping with Occupational Stress: A Phenomenological Study in a Hospital

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Background: Nurses face high work demands, making them vulnerable to occupational stress that can negatively affect psychological well-being and the quality of nursing care. Poorly managed stress may reduce performance and increase fatigue and turnover intention. Therefore, resilience is an essential ability for nurses in coping with work-related pressures in hospital settings. **Objective:** This study aimed to explore nurses' experiences in building and making meaning of resilience when facing occupational stress. **Methods:** A qualitative study with a phenomenological approach was conducted. Data were collected through semi-structured in-depth interviews with eight inpatient nurses who had 1–2 years of work experience, selected using purposive sampling. Thematic analysis was applied, and data credibility was ensured through source triangulation. **Results:** Eight main themes were identified, 1) including workplace challenges, 2) internal motivation, 3) cognitive reconstruction, 4) stress management, 5) the meaning of resilience, 6) the positive impact of resilience on nursing care, 7) support from family and colleagues, 8) and the importance of support from professional organizations and institutions. **Conclusion:** The study concludes that nurses' resilience is formed through the interaction of internal strengths and external support and plays a positive role in improving the quality of nursing care.

Keywords: *nurse resilience, occupational stress, nurses' experiences, stress management*

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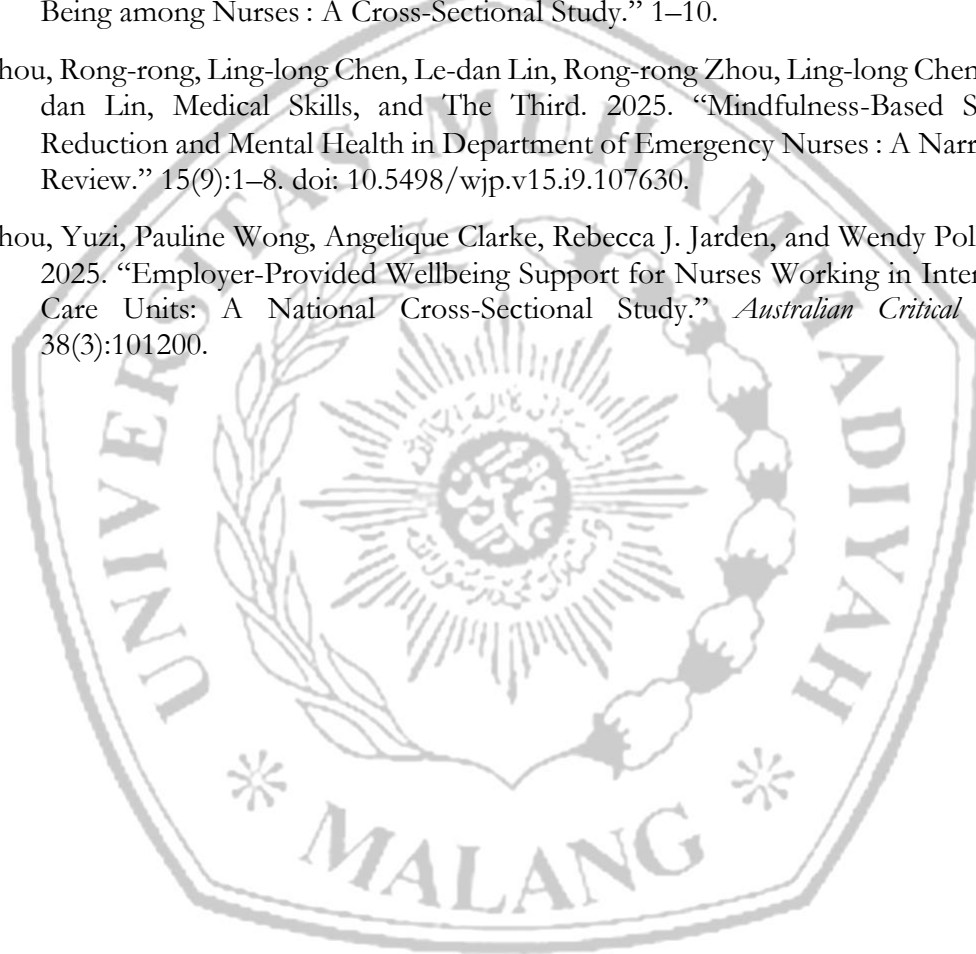
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DIII KEPERAWATAN

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SURAT KETERANGAN HASIL DETEKSI PLAGIASI

Berdasarkan hasil tes deteksi plagiasi yang telah dilakukan oleh Biro KTI Prodi D-3 Keperawatan Direktorat Pendidikan Vokasi Universitas Muhammadiyah Malang yang telah dilaksanakan pada hari 29 Desember 2025, pada karya tulis ilmia mahasiswa di bawah ini :

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Bidang Minat : Jiwa

Jenis Naskah : Karya Tulis Ilmiah

Keperluan : Mengikuti ujian hasil KTI

Hasilnya dinyatakan : Lolos, dengan Rincian Sebagai Berikut :

No	Jenis KTI	Maksimum Kesamaan	Hasil Deteksi
1.	Bab 1-V (pendahuluan – Kesimpulan dan Saran)	24	8

Keputusan : Lanjut Pemberkasan

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