

ABSTRACT

Rakmawati, Indra, 2014. Stress Coping Model Of Nursing Prefession Students When Undergoin Practice In Saiful Anwar Hospital Malang. Faculty of Psychology, Islamic State University (UIN) Maulana Malik Ibrahim Malang.
Supervisor: Dr. H. M. Lutfi Mustafa, M.Ag

Kata Kunci: *Stress, Model Coping*

Stress is a phenomenon that is always experienced by any individual, the nursing profession students is no exception currently undergoing work practices. Stress is always associated with coping. Stressor that appears to make a person stress if coping not done effectively, and vice versa, the stressor can be something normal if coping done effectively. This study aims to find the coping model is used by nursing profession students to deal with stressors that arise when undergoing labor practices at the hospital.

This study is a mixed method design phenomenology. Subjects in this study is a student of the nursing profession who have undergone working practices in hospitals, and some informants related to the subject. The technique of collecting data using interviews, observation (qualitative data) and psychological (quantitative data). The analysis technique used is phenomenological data analysis techniques/Interpretative Phenomenological Analysis (IPA) proposed by Smit (2009). This study uses the theory of Lazarus coping is used as a reference.

The results show there are some problems that arise in the nursing profession students practice the is currently undergoing work at the hospital, such as: strict hospital regulations, lack of provision of knowledge, which does not meet the supervisor empathy, to feel the fear of contracting the disease, a patient who died, the adjustment yourself any room to move, ASKEP, and issue groups. While coping models found are: mental preparation, self-acceptance and self-awareness, chase through ASKEP workmanship, hanging with friends, the formation of consensus in the group, social support, and distraction. Model of coping that do categorized into two forms, as proposed by Lazarus, coping models focusing on the issue (problem focused coping) and coping models focusing on emotions (emotion focused coping). Also found coping models that lead to God/religious coping, and also a model of coping behaviors used to prevent problems arise. Not all models of coping used this to be effective, there are several models of coping effectively resolve the problem but no Ineffective coping model of the unfavorable impact that led to stress.