

**HUBUNGAN ANTARA RESILIENSI DENGAN DISTRES PSIKOLOGIS
PERAWAT DI RUMAH SAKIT X**

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Hilyatul Widadin Naqiyah

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara resiliensi terhadap distres psikologis perawat di rumah sakit x. Sampel dari penelitian ini adalah 145 perawat yang bekerja di Rumah Sakit x dan telah bekerja minimal selama 1 tahun. Pendekatan penelitian yang digunakan adalah metode kuantitatif dengan menyebarkan kuisioner. Alat ukur yang digunakan adalah *Psychological Distress Scale* K10 oleh (Kessler, 2002) dengan *Cronbach's Alpha* sebesar 0,895 dan *Resilience Scale* RS25 oleh (Wagnild & Young, 1993) dengan *Cronbach's Alpha* sebesar 0,906. Data dianalisis menggunakan uji regresi linier sederhana. Hasil penelitian menunjukkan bahwa terdapat hubungan antara resiliensi dengan distres psikologis perawat di rumah sakit x.

Kata kunci: Distres Psikologis, Resiliensi, Perawat

**RELATIONSHIP BETWEEN RESILIENCE AND NURSING
PSYCHOLOGICAL DISTRESS IN HOSPITAL X**

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Hilyatul Widadin Naqiyah

ABSTRACT

This study aims to determine the relationship between resilience to the psychological distress of nurses in hospitals x. The sample of this study was 145 nurses who worked at the Hospital x and had worked for at least 1 year. The research approach used is a quantitative method by distributing questionnaires. Measuring instruments used are the Psychological Distress Scale K10 by (Kessler, 2002) with Cronbach's Alpha at 0.895 and Resilience Scale RS25 by (Wagnild & Young, 1993) with Cronbach's Alpha at 0.906. Data were analyzed using a simple linear regression test. The results showed that there was a relationship between resilience and nurses psychological distress in the hospital x.

Keywords: Psychological Distress, Resilience, Nurses.