

## ABSTRAK

Abstrak

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Hubungan Tipe Kepribadian dengan Stress Kerja Perawat dalam Masa Pandemi  
Covid-19 di Rumah Sakit Daerah Kalisat  
XVII+ 66 Halaman + 16 Lampiran

### Abstrak

Latar belakang: Stres kerja merupakan masalah psikologis yang sering dialami oleh tenaga kesehatan khususnya perawat yang menjadi salah satu garda terdepan dalam menghadapi pandemi Covid-19. Stresor yang meningkat pada masa pandemi tentu sangat berpengaruh kepada stres kerja yang dialami perawat. Salah satu faktor yang mempengaruhi munculnya stres adalah tipe kepribadian. Tujuan penelitian ini yaitu mengidentifikasi hubungan tipe kepribadian dengan stres kerja perawat dalam masa pandemi Covid-19 di Rumah Sakit Daerah (RSD) Kalisat. Metode: Desain penelitian ini adalah korelasional dengan pendekatan *cross sectional* dan menggunakan teknik total sampling dengan jumlah sampel 32 orang perawat di RSD Kalisat dan pada analisis bivariat menggunakan uji chi square dengan  $\alpha < 0,05$ . Hasil: Terdapat 16 orang perawat bertipe kepribadian ekstrovert dan 16 orang perawat bertipe kepribadian introvert dengan persentase masing-masing sebesar 50%. Dari 32 responden diketahui sejumlah 11 orang mengalami stres ringan, sejumlah 11 orang mengalami stres sedang dengan persentase masing-masing sebesar 34,4% dan sebanyak 10 orang mengalami stres berat dengan persentase sebesar 31,2%. Hasil dari uji statistik chi square ditemukan bahwa  $p \text{ value} = 0,001 < 0,05$  yang berarti terdapat hubungan antara tipe kepribadian dengan stres kerja perawat dalam masa pandemi Covid-19 di RSD Kalisat. Saran: Disarankan bagi perawat mengetahui tipe kepribadian mereka agar dapat memajemen stres kerja yang dialami sesuai dengan tipe kepribadian masing-masing.

Kata Kunci: Covid-19, Perawat, Stres Kerja, Tipe Kepribadian

## ABSTRACT

Abstract

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Personality Type Relationship With Nurse's Work Stress During Covid-19  
Pandemic At Kalisat Regional Hospital  
XVII+ 66 page + 16 Attachment

### Abstract

*Background: Work stress is a psychological problem that is often experienced by health workers, especially nurses who are one of the vanguard in dealing with the Covid-19 pandemic. Stressors that increase during pandemics certainly greatly affect the work stress experienced by nurses. One of the factors that influence the appearance of stress is the personality type. The purpose of this study was to identify the relationship of personality type with nurse work stress during the Covid-19 pandemic at Kalisat Regional Hospital. Method: The design of this study is correlational to the cross sectional approach and uses a total sampling technique with a sample number of 32 nurses at Kalisat Hospital and on bivariate analysis using chi square test with a  $\alpha < 0.05$ . Results: There were 16 extroverted nurses and 16 introverted nurses with a percentage of 50% each. Of the 32 respondents, 11 people experienced mild stress, 11 experienced moderate stress with a percentage of 34.4% each and as many as 10 people experiencing severe stress with a percentage of 31.2%. Results from chi square statistical tests found that  $p \text{ value} = 0.001 < 0.05$  which means there is a relationship between personality type and nurse work stress during the Covid-19 pandemic at Kalisat Hospital. Advice: It is recommended for nurses to know their personality type in order to manage the work stress experienced according to their individual personality type.*

*Keywords: Covid-19, Nurses, Work Stress, Personality Type*