

## Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER  
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Hubungan Perilaku Spiritual dengan Mekanisme Koping Pasien Post Covid-19  
di Kecamatan Ledokombo

Xv+68 halaman+1 bagan+14 tabel+19 lampiran

Perilaku spiritual adalah kemampuan seseorang untuk menghadapi dan memecahkan masalah yang berhubungan dengan nilai, batin, kejiwaan. Mekanisme koping adalah cara yang digunakan individu dalam menyelesaikan masalah, mengatasi perubahan yang terjadi, dan situasi yang mengancam, baik secara kognitif maupun perilaku. Desain penelitian yang digunakan adalah *cross sectional* yang bertujuan untuk mengetahui hubungan perilaku spiritual dengan mekanisme koping pasien post covid-19 di Kecamatan Ledokombo. Populasi penelitian ini adalah pasien post covid-19 di Kecamatan Ledokombo yang berjumlah 125 responden dengan sampel 95 responden dengan menggunakan teknik pengambilan sampel yaitu *Non Probability Sampling* dengan pendekatan *Convenience Sampling*. Hasil penelitian menunjukkan jumlah responden mayoritas memiliki perilaku spiritual optimal sebanyak 80 responden (84,2%), sedangkan sisanya memiliki perilaku kurang optimal sebanyak 15 responden (15,8%) dan mayoritas pasien post covid sebagian besar 66 responden (69,5%) menggunakan mekanisme adaptif, sisanya menggunakan mekanisme koping maladaptif sebanyak 29 responden (30,5%). Uji statistik dengan Spearman Rho dengan *p value* sebesar  $0,001 < (\alpha = 0,05) r = 0,340$ . Simpulan penelitian ini ada hubungan perilaku spiritual dengan mekanisme koping pasien post covid-19 di Kecamatan Ledokombo.

Kata kunci : Perilaku Spiritual, Mekanisme Koping, Pasien post covid-19.

## **Abstract**

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The Relationship between Spiritual Behavior and Coping Mechanisms for Post Covid-19 Patients in Ledokombo District

Xv+68 pages+1 chart+14 tables+19 attachments

Spiritual behavior is an individual's ability to encounter and overcome problems related to values, inner, psychological. Coping mechanisms are ways that individuals use in solving problems, overcoming changes that occur, and threatening situations, both cognitively and behaviorally. The research design employed was Cross Sectional design which aimed to find out the relationship between spiritual behavior and the coping mechanisms of post-covid-19 patients in Ledokombo district. The population of this study was post-covid-19 patients in Ledokombo district, with total 125 respondents and a sample of 95 respondents by employing a sampling technique, namely Non-Probability Sampling with a Convenience Sampling approach. The results revealed that the majority of respondents had optimal spiritual behavior as many as 80 respondents (84.2%), while the rest had less than optimal behavior as many as 15 respondents (15.8%) and the majority of post-covid patients were mostly 66 respondents (69.5%) by employing Adaptive mechanisms, the rest employed Maladaptive Coping mechanisms as many as 29 respondents (30.5%). Statistical test with Spearman Rho with p value of  $0.001 < (\alpha = 0.05)$   $r = 0.340$ . The conclusion of this study is that there is a relationship between spiritual behavior and the coping mechanisms of post-covid-19 patients in Ledokombo district.

**Key Words:** Spiritual Behavior, Coping Mechanisms, Post covid-19 patients