

## ABSTRAK

**Monika Dwi Apriliyanti Nugraha (2008). Strategi *Coping* pada Bidan *Fresh Graduate* yang Bertugas di Pontianak – Kalimantan Barat.**

Bidan *fresh graduate* cukup rentan terhadap stres. Mereka dituntut untuk bekerja secara mandiri dan profesional. Hal ini ditambah dengan kualitas dan prasarana pelayanan kesehatan di luar pulau Jawa yang terbatas. Bidan muda juga harus menyesuaikan diri dengan tugas perkembangannya. Berdasarkan fenomena tersebut, maka penelitian ini bertujuan untuk mengetahui dan mendeskripsikan strategi *coping* yang digunakan bidan *fresh graduate* ketika mengatasi stres, khususnya yang bertugas di Pontianak, Kalimantan Barat.

Penelitian ini merupakan penelitian kualitatif deskriptif. Subjek dalam penelitian ini adalah 3 orang bidan berusia 20-25 tahun dengan masa kerja tidak lebih dari 1 tahun dan belum menikah. Data diperoleh dengan wawancara semi-terstruktur dan observasi partisipasi pasif.

Hasil penelitian menunjukkan bahwa ketika menghadapi masalah pekerjaan khususnya saat menangani pasien, subjek melakukan tindakan sesuai prosedur medis. Pada saat menghadapi kasus yang sulit dan jarang ditemui, mereka berkonsultasi dengan dokter atau senior. Akan tetapi pada beberapa situasi seperti saat menyesuaikan diri pada awal bekerja, saat dituntut bekerja 24 jam, mengalami kegagalan, dan menghadapi pasien yang tidak kooperatif, mereka akan mengeluh namun tetap pasrah menerima resiko dan tanggung jawab, berdoa, menceritakan masalah dengan teman dan menenangkan diri. Pada saat menghadapi masalah pribadi terkait aspek kelelahan, keterbatasan waktu untuk diri sendiri atau orang terdekat, dan bermasalah dengan rekan sejawat, mereka menceritakan masalah dengan orang terdekat, menangis dan mengeluh, serta menghentikan usaha penyelesaian masalah. Namun terkadang subjek berusaha untuk langsung membicarakan masalahnya pada waktu atau situasi yang tepat.

**Kata kunci:** bidan *fresh graduate*, sumber stres, strategi *coping*.

## ABSTRACT

**Monika Dwi Apriliyanti Nugraha (2008). Coping Strategies of Fresh Graduate Midwives who Work in Pontianak - West Kalimantan.**

Fresh graduate midwives had susceptibility to stress. They were demanded to work independently and professional. This condition could be worse because of the limited quantity and quality of health services outside Java. Those young midwives should also adapt to the developmental tasks. Based on this phenomenon, this research aimed to know and describe coping strategies that were used by fresh graduate midwives when they faced stressors, especially for them who worked in Pontianak, West Kalimantan.

This was a descriptive qualitative research. The subjects of this research were three midwives of 20-25 years old, who had worked less than 1 year and had not married. The data collections were taken by semi-structured interview and passive participation observation.

The results of this research showed that when the subjects were facing the problems in work, especially in treating patients, they would give treatment based on medical procedure. While subjects were facing complicated case and the rarely ones, they would consult with the doctor or senior midwives. Although in several situation, such as when they were adapting in their early working, they were being demanded to work 24 hours, experiencing some failure, and facing patients who didn't cooperative, subjects would complain nevertheless they would try to accept the risk and responsible, pray, tell their problems to friends, and being calm. When the subjects were facing personal problems related to exhaustion aspect, time limitation for themselves or someone who had close relationship, and having some problem with their colleague, they would tell their problems to closest person, cry and complain, and also stop their effort to solve the problems. Sometimes subjects would also try to tell their problems immediately at right time or situation.

**Key words:** fresh graduate midwives, stressors, coping strategies.