

**TINGKAT STRES PADA LANSIA DENGAN PENYAKIT DEGENERATIF
DITINJAU DARI STRATEGI COPING DI TPMB HOLIFA, A.Md.Keb
KOTA PROBOLINGGO**

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ABSTRAK

Latar Belakang : Strategi coping yang digunakan lansia dalam menghadapi penyakit degeneratif.

Tujuan : Penelitian ini bertujuan untuk mengetahui adanya hubungan Tingkat Stres Pada Lansia Dengan Penyakit Degeneratif Ditinjau Dari Strategi Coping Di TPMB Holifa, A.Md.Keb Kota Probolinggo.

Metode : Penelitian ini menggunakan desain penelitian kuantitatif dengan pendekatan *cross sectional*. Dengan teknik sampling didapatkan sample sebanyak 36 responden, variabel independen strategi coping menggunakan kuesioner dan variabel dependen tingkat stress pada lansia menggunakan pengukuran tingkat stress skala Hars. Digunakan uji statistik *Chi-Square* untuk mengetahui hubungan kedua variabel.

Hasil : Hasil penelitian menunjukkan bahwa dari 36 responden sebagian besar yang strategi coping cukup sebanyak 24 lansia (67%) dan hampir seluruh responden mengalami stress ringan sebanyak 21 lansia (58%). Berdasarkan hasil uji statistik diperoleh nilai $p = 0,003 < \alpha 0,05$ berarti H_0 ditolak artinya ada hubungan frekuensi strategi coping dengan tingkat stress.

Kesimpulan : semakin baik strategi coping yang digunakan lansia saat menghadapi penyakit degeneratif maka tingkat stress akan semakin rendah.

Kata kunci : Strategi Coping, Lansia, Tingkat Stres

**STRESS LEVEL IN ELDERLY WITH DEGENERATIVE DISEASES REVIEWED
FROM COPING STRATEGIES AT TPMB HOLIFA, A.Md.Keb PROBOLINGGO
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ABSTRACT

Background : *Coping strategies used by the elderly in dealing with degenerative diseases.*

Objective : *This study aims to determine the relationship between stress levels in the elderly and degenerative diseases in terms of coping strategies at TPMB Holifa, A.Md.Keb Probolinggo City.*

Method : *This research uses a research design quantitative with a cross sectional approach. Using the sampling technique, a sample of 36 respondents was obtained, the independent variable was coping strategies using a questionnaire and the dependent variable was stress level in the elderly using the Hars scale stress level measurement. The Chi-Square statistical test was used to determine the relationship between the two variables.*

Results : *The results of the study showed that of the 36 respondents, the majority had adequate coping strategies, 24 elderly (67%) and almost all respondents experienced mild stress, 21 elderly (58%). Based on the results of statistical tests, the value of $p = 0,003 < \alpha 0,05$ means that H_0 is rejected, meaning there is a relationship between the frequency of coping strategies and stress levels.*

Conclusion : *The better the coping strategies used by the elderly when facing degenerative diseases, the lower the stress level will be.*

Keywords: *Coping Strategy, Elderly, Stress Level.*