

**HUBUNGAN ANTARA *INTERNAL LOCUS OF CONTROL*
DENGAN *COPING STRESS* PADA PERAWAT DI RUANG
RAWAT INAP RSUD TUGUREJO SEMARANG**

SKRIPSI

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Diajukan Kepada Program Studi Sarjana Psikologi Fakultas Psikologi Universitas
Katolik Soegijapranata Semarang dan Diterima untuk Memenuhi Sebagian dari
Syarat-syarat Guna Memperoleh Gelar Sarjana Psikologi
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Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *internal locus of control* dengan *coping stress* pada perawat di ruang rawat inap RSUD Tugurejo Semarang. Hipotesis mayor yang diajukan adalah “Ada hubungan positif antara *internal locus of control* dengan *coping stress*”. Hipotesis minor pertama pada penelitian ini adalah “Ada hubungan positif antara *internal locus of control* dengan *problem focused coping*”, dan hipotesis minor kedua adalah “Ada hubungan negatif antara *internal locus of control* dengan *emotion focused coping*”. Subjek penelitian adalah perawat yang bertugas di ruang rawat inap RSUD Tugurejo Semarang. Jumlah subjek penelitian ini adalah 53 perawat. Alat ukur yang digunakan adalah Skala *Internal Locus of Control* dan *Skala Coping Stress*. Alat ukur yang digunakan telah diuji validitas dan reliabilitasnya. Teknik analisis yang digunakan adalah uji korelasi *Pearson Product Moment*. Hasil uji hipotesis mayor menunjukkan ada hubungan positif yang signifikan antara *internal locus of control* dengan *coping stress* ($r=0,375$, $p=0,006$). Hasil uji hipotesis minor terdapat hubungan positif yang signifikan antara *internal locus of control* dengan *problem focused coping* ($r=0,310$, $p=0,024$) dan *emotion focused coping* ($r=0,273$, $p=0,048$). Berdasarkan hasil pengujian hipotesis pada penelitian ini dapat disimpulkan bahwa hipotesis mayor diterima, hipotesis minor pertama diterima, dan hipotesis minor kedua ditolak. Adapun pengaruh efektif *internal locus of control* terhadap *coping stress* pada perawat di ruang rawat inap sebesar 14%.

Kata Kunci: *internal locus of control*, *coping stress*, perawat rawat inap



Abstract

This study aims to determine the relationship between internal locus of control and coping stress in nurses in the inpatient ward of Tugurejo Regional Hospital, Semarang. The major hypothesis proposed is "There is a positive relationship between internal locus of control and coping with stress". The first minor hypothesis in this research is "There is a positive relationship between internal locus of control and problem focused coping", and the second minor hypothesis is "There is a negative relationship between internal locus of control and emotion focused coping". The research subjects were nurses on duty in the inpatient room at Tugurejo Regional Hospital, Semarang. The number of subjects in this research was 53 nurses. The measuring instruments used are the Internal Locus of Control Scale and the Coping Stress Scale. The measuring instruments used have been tested for validity and reliability. The analysis technique used is the Pearson Product Moment correlation test. The results of the major hypothesis test show that there is a significant positive relationship between internal locus of control and coping with stress ($r=0.375$, $p=0.006$). The results of the minor hypothesis test showed a significant positive relationship between internal locus of control and problem focused coping ($r=0.310$, $p=0.024$) and emotion focused coping ($r=0.273$, $p=0.048$). Based on the results of hypothesis testing in this research, it can be concluded that the major hypothesis is accepted, the first minor hypothesis is accepted, and the second minor hypothesis is rejected. The effective influence of internal locus of control on coping with stress among nurses in the inpatient room is 14%.

Keywords: internal locus of control, coping stress, inpatient nurse

