FACTORS RELATED TO COPING STRATEGIES OF NURSES WORKING IN HEALTH CARE CENTERS ON TIMOR ISLAND, EAST NUSA TENGGARA PROVINCE, INDONESIA

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ABSTRACT
This descriptive and cross-sectional study was conducted to determine and
explore factors related to nurses’ coping strategies, who work in health care centers in
Timor Island, East Nusa Tenggara Province. Data were collected by using self-
administered questionnaires from 322 nurses, who randomly selected by proportional
sampling in one municipality and four districts. Chi-square test and multiple logistic
regressions were used to analyze the data.

Coping strategies were divided into 2 parts, problem-focused coping and
emotional-focused coping. Almost half of the respondents often used problem-focused
coping and emotional-focused coping. The quality of hardy personality was divided
into three subcomponents; commitment, control, and challenge, almost 80% of the
respondents used a combination of these three subcomponents. For social support,
98.1% nurses had friends, 64.4% occasionally shared their problems with others, 78%
always received support from family and friends, and 89.7% lived with their families.
When adjusted to other variables, nurses working years 0 until 20 years (AOR = 0.40,
95% CI = 0.20 – 0.78), and a high level of workload stress (AOR = 1.84, 95% CI =
1.15 – 2.95) were significant as predictors of often using emotional-focused coping.
Gender (Female) (AOR = 1.85, 95% CI = 1.06 – 3.24), occasionally sharing problems
with others (AOR = 1.87, 95% CI = 1.13 – 3.10) and occasionally receiving supported
from family and friends (AOR = 1.94, 95% CI = 1.09 – 3.47), were significant as
predictors of often using problem-focused coping.

This study found that gender (female) and social factors such as sharing
problems with others and received support from family and friends were significant
factors related to use of problem-focused coping. Nurses working years and workload
were significant factors related to emotional-focused coping. The successful utilization
of coping effectively depends on the situation and an individual’s personality. Pre-
employment screening of personality and coping traits should be considered, in order
to identify staff who exhibit a hardy personality associated with lower perception of
job stress and coping strategies.

KEY WORDS : COPING STRATEGIES / JOB STRES / HARDY
PERSONALITY / SOCIAL SUPPORT

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