

## ABSTRAK

### **Gambaran Karakteristik, Resiliensi dan *Psychological Well Being* pada Relawan PMI di Pekalongan**

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**Latar Belakang:** Menjadi seorang relawan merupakan tindakan kemanusiaan yang sangat nyata. Banyak kalangan yang tertarik untuk menjadi relawan, tetapi mereka tidak mengetahui dampak dari tugas pelayanan dari seorang relawan yang rentan mengalami masalah fisik maupun psikologis seperti kelelahan, ketidaknyamanan, dan ketidakberdayaan disebabkan oleh pekerjaan intensitas tinggi, ketakutan dan kecemasan terhadap pasien dan anggota keluarga. Penelitian ini bertujuan untuk mengetahui gambaran karakteristik, resiliensi dan PWB pada relawan PMI.

**Metode:** Penelitian ini merupakan deskriptif kuantitatif. Pengumpulan data menggunakan *total sampling*. Sampel pada penelitian ini adalah Relawan PMI di Pekalongan. Resiliensi responden diukur menggunakan kuesioner *Resilience Scale* (RS-14). Sedangkan untuk PWB diukur menggunakan kuesioner *Ryff Scales of Psychological Well Being*. Analisa data yang digunakan adalah nilai distribusi frekuensi, mean, median dan standar deviasi.

**Hasil:** Hasil penelitian menunjukkan rata-rata responden berusia 27 tahun (SD=5.16). Lama bergabung anggota relawan PMI Pekalongan rata-rata 4 tahun (SD=2.37). Sebagian besar responden berjenis kelamin laki-laki sebanyak 42 (67%). Sebanyak (51%) Responden berpendidikan SMA. Dari 63 responden seluruhnya (100%) memiliki status keanggotaan terdaftar dan lebih dari separuh responden masih aktif bekerja (78%). Dari 63 responden, sebanyak 32 (51,8%) responden memiliki tingkat resiliensi rendah. Dan sebanyak 32 (51,8%) responden memiliki tingkat PWB tinggi .

**Simpulan:** Penurunan atau peningkatan tingkat resiliensi, *psychological well being* dipengaruhi beberapa faktor. Perawat jiwa diharapkan memberikan intervensi yang dapat meningkatkan tingkat resiliensi dan *psychological well being*.

**Kata Kunci:** Karakteristik, Resiliensi, *Psychological Well Being*, Relawan

**Daftar Pustaka:** 24 (2012 -2024)

## ABSTRACT

### Description of Characteristics, Resilience and Psychological Well Being of Indonesian Red Cross (PMI) Volunteers in Pekalongan

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**Background:** Becoming a volunteer is a very real humanitarian act. Many people are interested in becoming volunteers, but they may not be aware of the challenges involved. Volunteer work can lead to physical and psychological issues, such as fatigue, discomfort, and feelings of helplessness, due to the demanding nature of the work, as well as the fear and anxiety experienced when dealing with patients and their families. The purpose of this study is to describe characteristics, resilience and psychological well being of Indonesian Red Cross (PMI) volunteers in Pekalongan.

**Method:** This study is a descriptive quantitative study. Total sampling was used. All PMI volunteers were involved in this study. Respondent resilience was measured using the Resilience Scale (RS-14) questionnaire. Whereas, psychological well being was measured using the Ryff Scales of Psychological Well Being questionnaire. The data analysis used is the frequency distribution value, mean, median and standard deviation. **Result:** The results of the study showed that the average respondent was 27 years old (SD=5.16). The average length of time that PMI Pekalongan volunteers have been members is 4 years (SD=2.37). Most of the respondents were male, as many as 42 (67%). As many as (51%) respondents had a high school education. All 63 respondents (100%) have enrolled for volunteers membership, and more than half are still actively working (78%). Of the 63 responders, 32 (51.8%) demonstrated poor levels of resilience. A total of 32 (51.8%) responders reported a high level of Psychological well being.

**Conclusion:** The level of resilience and psychological well-being can increase or decrease depending on several factors. Psychiatric nurses are expected to provide interventions that can increase levels of resilience and psychological well-being.

**Keywords:** *Characteristics, Resilience, Psychological Well Being, Volunteers*  
**Bibliography:** 24 (2012-2024)