

**NURSING SCIENCE S1 PROGRAM
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The effect of audiovisual education on the coping strategies of nurses in the Covid-19 isolation room at Santa Maria Hospital Pekanbaru

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ABSTRACT

The Covid-19 pandemic situation has made health workers experience work stress such as anxiety, panic and fear. This reduces the performance of nurses in decision making, lack of concentration, apathy, fatigue, work accidents and ineffective coping. It is important to have a nurse's coping strategy in dealing with stress, where an important coping strategy is to maintain good performance in dealing with stress that focuses on solving problems and on one's own emotions. One of the educational media that can increase the knowledge and coping strategies of nurses is audiovisual media. Health education through the audiovisual method is broadcast through sound, images and writing to clarify the message conveyed. This activity involves thinking, hearing, seeing, psychomotor and making learning more interesting. The purpose of the study was to determine the effect of audiovisual education on the coping strategies of nurses in the Covid-19 isolation room. This research is a quantitative research with a quasi-experimental design. The sample is all 33 Covid-19 isolation room nurses at Santa Maria Hospital Pekanbaru (total sampling). The analysis used is univariate and bivariate analysis (t test). Through research, it is known that respondents are in the early adult category (75.8%), female (93.9%), DIII Nursing (75.8%), are permanent employees (93.9%) with a length of work in the Covid-19 isolation room > 1 year (87.9 %). The mean value of coping strategies before the audiovisual method education was carried out was 151.33 and after the education was carried out it was 160.18 (difference 8.85). The p value of the statistical test results is 0.006 (p value < α (0.05)), meaning that there is an effect of audiovisual education on the coping strategies of nurses in the Covid-19 isolation room. This study recommends that Santa Maria Hospital Pekanbaru conduct health education activities through audiovisual methods in an effort to improve nurse coping on a regular basis.

Keywords: audiovisual method education, coping strategies, Covid-19 isolation room nurses
Bibliography : 34 (2012 – 2021)

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