

ABSTRACT

The relationship between the ability of the adaptation process according to Callista Roy's theory in nurses with work stress in the operating room of Mardi Waluyo Hospital Blitar

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Background: Work stress is a natural reaction of the body to defend itself from stressors. Stressors produce adaptive or maladaptive coping responses of the body can affect the ability of the adaptation process. The process of adaptation is a way that affects behavior in managing stress. The purpose of the study was to prove that there is a relationship between the ability of the adaptation process according to Callista Roy's theory in nurses with work stress in the operating room of Mardi Waluyo Hospital Blitar. Method: This research method is quantitative using a cross-sectional design. The study sample was 28 nurses in the operating room with the Total Sampling technique. The independent variable of adaptability of the adaptation process was measured with the questionnaire sheet and the dependent variable of work stress was measured with the DASS 42 questionnaire sheet. Data analysis using spearman test. Results and Analysis: The ability of the adaptation process was mostly moderate to 17 people (60.7%) and work stress was almost half that of normal stress 12 people (42.9%). Discussion and Conclusion: The results show that there is a significant relationship between the ability of the adaptation process and nurses' work stress with a p value of $0.001 \leq 0.05$ meaning that there is a significant relationship between the ability of the adaptation process with work stress in nurses in the operating room, the direction of the relationship from r count -0.577^* is strongly correlated with the direction of negative relationships, meaning that the increasing adaptability the lower the level of work stress.

Keywords: Adaptability, Work Stress, Operating Room Nurse