

ABSTRAK

Latar Belakang : penelitian ini menunjukkan bahwa individu dengan *psychological well-being* yang rendah akan cenderung memiliki pandangan negatif tentang kehidupan serta cenderung merasa ketakutan, kecemasan ataupun kesedihan. Tak hanya mengalami rasa takut, stres dan cemas namun individu dengan *psychological well-being* yang rendah juga rentan mengalami gangguan psikis. Selain mulai banyak digali dan diteliti, khususnya pada masa pandemi COVID 19, *psychological well-being* juga berperan penting terhadap kinerja perawat dalam melayani dan merawat pasien di rumah sakit. Perawat dianggap perlu mengetahui kondisi kesejahteraan psikologisnya saat bekerja sehingga pelayanan kesehatan perawat dapat optimal

Tujuan : Penelitian ini dilakukan untuk mengetahui gambaran tingkat *psychological well-being* perempuan dengan peran ganda yang berprofesi sebagai perawat di RSUD Dr. Pirngadi Medan pada masa pandemi COVID-19.

Metode : penelitian ini menggunakan metode kuantitatif dengan pendekatan deskriptif

Hasil : Berdasarkan hasil penelitian yang dilakukan terhadap 131 orang perawat perempuan diketahui bahwa mayoritas perempuan dengan peran ganda yang berprofesi sebagai perawat di RSUD Pirngadi Medan memiliki tingkat *psychological well-being* dalam kategori rendah.

Kata Kunci : perawat, peran ganda, *psychological well being*

ABSTRACT

Background: *This study shows that individuals with low psychological well-being will tend to have a negative view of life and tend to feel fear, anxiety or sadness. Not only experiencing fear, stress and anxiety, but individuals with low psychological well-being are also prone to experiencing psychological disorders. In addition to starting to be explored and researched, especially during the COVID-19 pandemic, psychological well-being also plays an important role in the performance of nurses in serving and caring for patients in hospitals. Nurses are considered to need to know the condition of their psychological well-being while working so that nurses' health services can be optimal*

Objective: *This study was conducted to describe the level of psychological well-being of women with dual roles who work as nurses at RSUD Dr. Pirngadi Medan during the COVID-19 pandemic.*

Methods: *this research uses a quantitative method with a descriptive approach*

Results : *Based on the results of research conducted on 131 female nurses, it is known that the majority of women with dual roles who work as nurses at Pirngadi Hospital Medan have a low level of psychological well-being.*

Keywords: *nurse, dual role, psychological well being*