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**GAMBARAN *SPIRITUAL COPING* PADA PENDERITA GANGGUAN  
JIWA DI PANTI REHABILITASI SAKIT JIWA MAUNATUL MUBAROK,  
SAYUNG, DEMAK**

**ABSTRAK**

**Latar Belakang:** Gangguan jiwa sangat merugikan diri sendiri, keluarga, bahkan masyarakat. Penderita gangguan jiwa bukan untuk dibiarkan tetapi harus disembuhkan, dimotivasi, dan diobati dengan berbagai macam obat, terutama dengan *spiritual coping*, mendekatkan diri lebih dekat dengan Tuhan adalah obat paling utama. Penelitian ini bertujuan untuk mengetahui gambaran *spiritual coping* pada penderita gangguan jiwa.

**Metode:** penelitian ini deskriptif survey. Pengambilan data dilakukan *total sampling*, yaitu sebanyak 63 responden. Alat ukur yang digunakan kuesioner *Brief RCOPE*. Analisa data yang digunakan analisa univariat.

**Hasil:** rata-rata berusia 41,78 tahun, sebagian besar laki-laki, mayoritas pendidikan terakhir tamat SMP, sebagian besar tidak bekerja dengan pendapatan per bulan kurang dari satu juta. Didominasi agama Islam dan bersuku budaya Jawa. Pertama kali menderita gangguan jiwa rata-rata berusia 35,75 tahun, rata-rata sudah menderita selama 5,4 tahun dan menjalani rehabilitasi di panti 2 tahun, rata-rata pernah dirawat sebanyak 3 kali, tidak memiliki anggota keluarga yang menderita gangguan jiwa. Didapatkan hasil sebanyak 49 orang (77,8%) dari total responden menggunakan *positive spiritual coping* selama menjalani rehabilitasi, dengan tingkat *positive spiritual coping* tertinggi adalah tinggi sebanyak 30 responden (47,6%), tingkat *negative spiritual coping* tertinggi adalah rendah sebanyak 29 responden (46,0%), dan tingkat *spiritual coping* antara *positive spiritual coping* dan *negative spiritual coping* tertinggi adalah sedang sebanyak 33 responden (52,4%).

**Saran:** Diharapkan penderita gangguan jiwa bersedia untuk lebih meningkatkan agama dengan *spiritual coping* agar cepat membantu proses penyembuhan penyakitnya.

**Kata Kunci :** *Spiritual Coping*, Gangguan Jiwa, Panti Rehabilitasi

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*Description of Spiritual Coping in Patients with Mental Disorders at the Mental Rehabilitation Center for Maunatul Mubarak, Sayung, Demak*

### **ABSTRACT**

**Background:** *Mental disorders are very detrimental to oneself, family, and even society. Patients with mental disorders are not to be left alone but must be cured, motivated, and treated with various kinds of drugs, especially with spiritual coping, getting closer to God is the most important medicine. This study aims to determine the picture of spiritual coping in people with mental disorders.*

**Methods:** *This research is a descriptive survey. Data collection was carried out by total sampling, which was 63 respondents. The measuring instrument used was the Brief RCOPE questionnaire. Data analysis used univariate analysis.*

**Results:** *the average age is 41.78 years, mostly male, the majority of the last education graduated from junior high school, most are not working with a monthly income of less than one million. Muslim religion and Javanese culture dominated. The first time they suffered from mental illness was on average 35.75 years old, on average they had suffered for 5.4 years and underwent rehabilitation in an institution for 2 years, on average they had been treated 3 times, they did not have family members who suffered from mental illness. The results showed that 49 people (77.8%) of the total respondents used positive spiritual coping during rehabilitation, with a high level of positive spiritual coping as many as 30 respondents (47.6%), a low level of negative spiritual coping as many as 29 respondents (46.0%), and the level of spiritual coping between positive spiritual coping and negative spiritual coping was moderate as many as 33 respondents (52.4%).*

**Suggestion:** *It is hoped that people with mental disorders are willing to further improve religion with spiritual coping in order to quickly help the healing process of their illness.*

**Keywords :** *Spiritual Coping, Mental Disorder, Rehabilitation Center*