



Optimism and Subjective Well Being Of Nurses On The Covid- 19 Pandemic Situation

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ABSTRACT

Subjective Well Being is very influential in all aspects of human life, including for nurses. This is inseparable from the optimism and meaningfulness of life owned by nurses. The purpose of this study was to test empirically whether optimism and meaningfulness of life affected the subjective well being of nurses during the COVID 19 pandemic. The study participants were 50 nurses who worked in a hospital in pamekasan, Madura with experience as a COVID 19 volunteer or had previously served treating COVID patients 19. The benefit of this research is to increase the reference for hospitals and nurses in increasing the subjective well being of nurses. This study used quantitative research method with quota random sampling. The Person Correlation r score shows the number 0.584 with $p = 0.00$; because $p <$ which means the level of correlation between the variable optimism and subjective well being.

Keywords: Subjective Well Being, Optimism

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INTRODUCTION

During the Covid 19 pandemic, nurses were one of the vanguard medical personnel in the response, because they were the first point of contact in the care of people with COVID-19 and had the most intense interaction with patients every day. Many stories from fellow nurses who provide Covid 19 patient services are often displayed on social media and mass media, such as the feeling of being afraid of being infected, and transmitting to loved ones is the main thing they feel. When people are required to stay at home, nurses and other health workers provide services to Covid-19 patients and patients in need. Nurses are providers of direct contact services with Covid 19 patients, therefore, they are reminded to stay away from direct contact with their families, wives, husbands, and children.

One of the important aspects to view the quality of life of today's workers is the subjective well-being (SWB) and life satisfaction factors (Diener & Lucas, 2000). This is inseparable from the role of Seligman (2003) who for the first time declared positive psychology as a new direction and orientation in psychology with SWB as the main study. Common causes of low subjective welfare are workload, time pressure, quality of supervision, and feelings of insecurity.

SWB is defined as how a person assesses their life both at present and in previous years (Diener, Oishi & Lucas, 2003). SWB is so important because it is considered the ultimate goal of life. Happy people view the world as safer, make decisions easier, are more cooperative and live healthier, more energetic, and more fulfilling lives (Lyubosmirky, Kasri, & Chang, 2002; Myers, 1993). SWB is influenced by two factors, namely, external and internal factors. External factors include health, income, educational background and marital status (Diener, 2002). Internal factors include

personality, social relationships, social support, community, cognitive processes and goals (goals). The most influencing factor is the personality factor, namely optimism, which shows a positive relationship with SWB.

Optimism is an attitude that views everything well, even when times are difficult (Nurtjahjanti & Ratnaningsih 2011). Diner (1999) revealed that people who say that their life is happy and satisfied with their achievements in life are more optimistic. Individuals with an optimistic spirit have more hope of achieving a better future than emphasizing the obstacles they feel (Lounsbury, James, Eric, Lucy, Adam, & Frances 2003). The research of Lucas, Diener and Suth (1996) proved that optimism is correlated with subjective well being. Based on the phenomenon that occurs, nurses caring for patients with COVID 19 is a tough thing to do. This is because the role of nurses must be to fulfill all the patient's needs with agility and responsiveness. The impact received by officers and the medical team is also great and full of challenges every day, it requires optimism to survive in difficult situations. Referring to the above discussion, the researcher focuses on the problem to be studied, namely whether optimism during a pandemic affects the subjective well being of nurses who work during the COVID-19 pandemic.

METHOD

This study used quantitative methods, with the research variables being optimism as the independent variable and subjective well being as the dependent variable. The population in this study were nurses who worked to handle COVID 19 in Madura Hospital and Puskesmas, totaling 50 nurses. This type of research uses correlational research.

Participant

Table I. Subject Demographic Data

	Explanation	Quantity
Gender	Man	20
	Woman	30
Workspace	IGD	20
	Covid	20
	Poli	10

The data collection technique used an item instrument that measures the nurses' subjective well being and optimism. The instruments that have been prepared are then validated by practitioners. Furthermore, valid instruments are used for data collection in the field. The data obtained in this study were then analyzed statistically with the product moment correlation method to test whether there was a relationship between subjective well being and optimism on nurses who worked as nurses during the Covid pandemic 19.

RESULT

This study used quantitative methods, with the research variables being optimism as the independent variable and subjective well being as the dependent variable. The population in this study were nurses who worked to handle COVID 19 in Madura Hospital totaling 50 nurses. This type of research uses correlational research. The data collection technique used an item instrument that measures the nurses' subjective well being and optimism. The instruments that have been



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Tabel 2. Normality Test
One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		50
Normal Parameters ^{a,b}	Mean	,0000000
	Std. Deviation	5,09995369
Most Extreme Differences	Absolute	,097
	Positive	,097
	Negative	-,073
Test Statistic		,097
Asymp. Sig. (2-tailed)		,200 ^{c,d}

- a. Test distribution is Normal
- b. Calculated from data

Further testing was conducted to determine whether there was a relationship between the two variables, namely optimism and subjective well being of nurses who worked during the Covid-19 pandemic. The test results using SPSS are shown in Table 2 showing the results that there is a relationship or correlation between the two variables. The Person Correlation r score shows the number 0.584 with $p = 0.00$; because $p <$ which means the level of correlation between the variable optimism and subjective well being

Tabel 3 Correlations

		SWB	Optimisme
SWB	Pearson Correlation	1	,586**
	Sig. (2-tailed)		,000
	N	50	50
Optimisme	Pearson Correlation	,586**	1
	Sig. (2-tailed)	,000	
	N	50	50

DISCUSSION

The results of the Product moment correlation analysis state that the hypothesis proposed in this study is accepted. This means that Optimism has a significant relationship with the subjective well-being of nurses during the Covid-19 pandemic. This means that the higher the optimism for nurses, the higher the subjective well-being of nurses who worked during the COVID-19 pandemic.

Many positive things appeared if someone has highwellbeing, subsequently the important thing is to identify factors of subjective well-being because these are expected to improve the quality of human life. One of the most consistent predictors of SWB is the quality of social relationships (Diener & Seligman, 2002)

On Variable of subjective well being, the main frame aspect is *positive affect*. It means that having positive sense such as being happy, proud, being loved, pleasure, active, and having strong personality are the researcher has done, most subjects have negative affect such as feeling sad, worried and sense of guilt, whereas happiness is obtained if someone perceives more pleasing emotion (Diener, 2000). The one who has high SWB perceives more pleasing emotion (Myers & Diener, 1995). Unsurprisingly, perceiving positive affect becomes the main frame aspect of SWB of subject because subject perceives less of positive affect in daily life. According to Cohen et al., positive affect of individual could be constructed from social support which is accepted because social support is a certain thing which influences the emotion, cognition, and individual behavior which could make someone's well-being (in Gallagher et al., 2008).

Subjective well being nurses can be increased by optimism which is the factor that has the strongest contribution to *subjective well being*. Interventions based on increasing optimistic thinking styles are suggested to be implemented in training to increase SWB for nurses.

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Ethic Policies

The written source used in this research is listed in the bibliography and there is no conflict of research interest with any party.

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