

**LAPORAN PENYELIDIKAN**

**SUMBER STRES, STRATEGI DAYA TINDAK DAN  
KESEJAHTERAAN PSIKOLOGI DALAM KALANGAN  
PESAKIT DIALISIS**

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## SUMBER STRES, STRATEGI DAYA TINDAK DAN KESEJAHTERAAN PSIKOLOGI DALAM KALANGAN PESAKIT DIALISIS

### ABSTRAK

Tujuan umum kajian ini untuk mengkaji hubungan antara sumber stres, strategi daya tindak dan kesejahteraan psikologi dari aspek kepuasan hidup, penghargaan sendiri dan stres psikologikal dalam kalangan pesakit dialisis di Kota Kinabalu, Sabah. Selain itu kajian ini juga adalah untuk melihat perbezaan di antara sumber stres, strategi daya tindak dan kesejahteraan psikologi dari aspek kepuasan hidup, penghargaan sendiri dan stres psikologikal berdasarkan faktor demografi seperti jantina, tahap umur, tingkat pendapatan, etnik dan penglibatan keagamaan. Reka bentuk kajian yang digunakan ialah reka bentuk tinjauan. Seramai 102 orang pesakit dialisis yang menerima rawatan hemodialisis berumur antara 17 hingga 75 tahun telah dijadikan subjek kajian. Alat kajian *Haemodialysis Stressor Scale* telah digunakan bagi mengukur sumber stres pesakit dialisis, instrumen *Jalowiec Coping Scale (JCS)* untuk melihat strategi daya tindak, instrumen *Satisfaction With Life Scale (SWLS)* digunakan untuk mengukur kepuasan hidup, *Rosernberg Self-Esteem Scale (RSES)* untuk mengukur penghargaan sendiri dan *Mental Health Index (MHI)* digunakan bagi mengukur stres pesakit. Data yang diperolehi telah dianalisis menggunakan ujian statistik deskriptif. Sementara analisis inferensi pula melibatkan ujian korelasi *Pearson*, ujian-t sampel bebas dan Anova sehalu. Keputusan kajian menunjukkan terdapat hubungan yang positif di antara sumber stres dengan strategi daya tindak dan psikologikal stres. Sementara itu terdapat hubungan negatif antara sumber stres dengan kepuasan hidup dan penghargaan sendiri. Dapatan kajian juga menunjukkan terdapat hubungan yang positif di antara kepuasan hidup dengan penghargaan sendiri dan wujudnya hubungan yang negatif di antara kepuasan hidup dengan stres psikologikal. Keputusan juga menunjukkan terdapat hubungan negatif di antara penghargaan sendiri dengan stres psikologikal. Selain daripada itu, kajian ini juga menunjukkan terdapat perbezaan yang signifikan di antara kepuasan hidup, penghargaan sendiri dan stres psikologikal berdasarkan jantina. Terdapat perbezaan yang signifikan di antara sumber stres, kepuasan hidup dan penghargaan sendiri berdasarkan tingkat pendapatan. Sementara itu terdapat perbezaan yang signifikan di antara sumber stres dan penghargaan sendiri berdasarkan tahap umur pesakit. Sehubungan dengan keputusan kajian yang diperolehi, beberapa implikasi dan cadangan turut dikemukakan.

# **STRESSOR, COPING STRATEGIES AND PSYCHOLOGICAL WELLBEING AMONG DIALYSIS PATIENTS IN KOTA KINABALU, SABAH**

## **ABSTRACT**

*The general aim of this study was to determine the relationship between stressor, coping strategies and psychological well-being in terms of life satisfaction, self-esteem and psychological stress among dialysis patients in Kota Kinabalu, Sabah. The research also examined the difference between stressor, coping strategies and psychological well-being in terms of life satisfaction, self-esteem and psychological stress based on demographic factors such as gender, age, income level, ethnicity and religious involvement. Survey design was used in this study. 102 of dialysis patients who received haemodialysis treatment between the age of 17 and 75 years were selected in this study. Haemodialysis Stressor Scale research instrument were used to assess the sources of stress, the instrument Jaloweic Coping Scale (JCS) were used to look at coping strategies, instrument Satisfaction With Life Scale (SWLS) were used to measure life satisfaction, Rosernberg Self-Esteem Scale (RSES) to measure of self-esteem and Mental Health Index (MHI) were used to assess patient's stress. Data were analyzed using descriptive statistical tests, while the analysis of inference involved Pearson correlation, independent samples t-test and one-way ANOVA. The results showed there were significant positive correlation between stressor and coping strategies and also psychological stress. There were significant negative correlation between stressor and life satisfaction and also self-esteem. The findings also showed significant positive correlation between life satisfaction and self-esteem and there were significant negative correlation between life satisfaction and psychological stress. The results found there were significant negative relationship between self-esteem and psychological stress. This study also showed significant differences between the life satisfaction, self-esteem and psychological stress on sex. There were significant differences between the stressor, life satisfaction and self-esteem based on income level and there were significant differences between the stressor and self-esteem based on the patient's age. Some implications and recommendations were proposed in this research.*

