

EDUKASI *COPING STRESS* KERJA PERAWAT *SHIFT* MALAM MELALUI MEDIA *BOOKLET*

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SUMMARY

Background: Nurses are healthcare professionals who play a crucial role in providing 24-hour nursing care, including during night shifts, which are prone to causing occupational stress due to imbalances between workload and staffing levels. If left unaddressed, such conditions may negatively affect service quality and mental health. One strategy to address this issue is stress coping education through a practical, concise, and easily accessible booklet.

The objectives of the research : This study aims to develop an educational booklet titled “Coping Kuat, Stress Lewat” as a medium to enhance night-shift nurses’ knowledge in recognizing and managing occupational stress. **Methods:** The method involved the development of a Communication, Information, and Education (CIE) medium containing definitions of occupational stress, its causes, signs and symptoms, and adaptive coping strategies such as relaxation techniques, time management, and social support, presented with a combination of informative text and illustrations to facilitate comprehension. **Result :** The output of this activity is a stress-coping booklet for night-shift nurses, submitted for Intellectual Property Rights (IPR) registration with the Directorate of Copyright, Indonesia. It is expected that the booklet can be used independently by nurses, nursing students, and other healthcare professionals as a practical guide to managing occupational stress

Keywords: Education, stress coping, night-shift nurses, booklet