



Nursing Students' Perceptions and Attitudes about Altruism

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ABSTRACT

The current trend of globalization allows a person to be lazy to socialize, thereby reducing one's altruism. In this case, college students have an essential role in applying altruism as a professional value of nursing. Altruism is a principle of caring to realize the welfare of other people's lives with sincerity without expecting anything in return. This study used a qualitative method with a descriptive approach. Data were collected through online interviews utilizing Zoom and Ms. Teams. Participants in this study amounted to seven people selected by the purposive sampling method. The data validity employed credibility, transferability, dependability, and confirmability tests. The results of this study revealed that the perceptions and attitudes of nursing students about altruism included altruism making a person better, altruism as a form of responsibility, altruism as a religious and social value, factors confirming altruism, and factors driving altruism. Here, it is crucial for nursing students to have altruistic behavior as a form of responsibility and its application to social and religious values. In addition, behaving altruistically provides many positive benefits for both helpers and those being helped. Suggestions for further research are the need for further action related to the results of this study to identify factors that can increase altruism behavior so that it can be used as a reference to improve nursing student altruism behavior.

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Kata kunci:

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ABSTRAK

Tren globalisasi saat ini memungkinkan seseorang menjadi malas untuk bersosialisasi sehingga menurunkan sifat altruisme seseorang. Mahasiswa memiliki peran penting untuk menerapkan altruisme sebagai nilai profesional keperawatan. Altruisme merupakan suatu prinsip kepedulian untuk mewujudkan kesejahteraan hidup orang lain dengan keikhlasan tanpa mengharapkan suatu imbalan. Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif. Pengambilan data dilakukan dengan wawancara secara online melalui Zoom dan Ms Teams. Partisipan dalam penelitian ini berjumlah 7 orang yang dipilih dengan metode purposive sampling. Keabsahan data menggunakan uji credibility, transferability, dependability, confirmability. Hasil penelitian ini menunjukkan persepsi dan sikap mahasiswa keperawatan tentang altruisme yaitu meliputi altruisme menjadikan seseorang lebih baik, altruisme sebagai bentuk tanggungjawab, altruisme sebagai nilai agama dan sosial, faktor yang meneguhkan altruisme, serta faktor yang menggerakkan altruisme. Mahasiswa keperawatan penting untuk memiliki perilaku altruisme sebagai bentuk tanggung jawab dan juga penerapannya sebagai nilai sosial dan agama. Berperilaku altruisme memberikan banyak manfaat positif bagi penolong maupun yang ditolong. Saran untuk peneliti selanjutnya yaitu perlu adanya tindakan lanjut terkait hasil penelitian ini untuk mengidentifikasi faktor-faktor yang dapat meningkatkan perilaku altruisme sehingga dapat dijadikan sebagai acuan untuk meningkatkan perilaku altruisme mahasiswa keperawatan.

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INTRODUCTION

Humans are in nature created as social beings who live side by side, interact with each other, and are interdependent. No human can live without needing the help of others. Therefore, humans should be aware of a sense of mutual help to achieve prosperity in social life. On the other hand, swiftly and increasingly sophisticated technological advances have impacted changes in all aspects of life (Firmansyah et al., 2019; Isnaeni et al., 2018).

Nevertheless, Septiana's (2019) research results with the title *prosocial behavior of junior high school students in the industrial revolution 4.0 era* showed that prosocial behavior or behavior to help other students at the adolescent age had experienced a lot of declines. It was found that 50% of students had altruism, far from expectations. It is due to the industrial revolution 4.0, which affects attitudes, mindsets, and behaviors that are increasingly indifferent to social life. Meanwhile, in the health sector, especially nursing, helping behavior is one of the professional roles of nurses in providing health services.

According to the Law of the Republic of Indonesia Number 38 (2014) concerning nursing, nurses are individuals whose competence is recognized so that they are authorized to provide nursing actions and are responsible for improving health efforts. Therefore, a nurse as a nursing service provider is expected to act in accordance with the professional values of nursing. The American Association of College of Nursing (AACN) compiles seven nursing professional values that form the idealization frame, including altruism (Hartiti & Zainova NH, 2018; Potter & Perry, 2017).

Brigita & Simona's (2016) research regarding the professional value of nurses conducted in 20 hospitals in Slovenia with 780 nurses as respondents revealed that only 49.05% of nurses had values of caring, trust, and fairness. Nurses were deemed less concerned with values related to professionalism and activism. From the research results above, it can be concluded that not all nurses put forward the professionalism value, and nurses' altruism has not yet developed. The impact of the lack of nurse altruism raises behaviors such as not caring about patients, not immediately handling patient complaints, being fierce, and not meeting patient needs (Dewi & Hidayati, 2015).

According to Myers (2012), altruism can be influenced by several factors, such as internal factors, including empathy and rewards. Meanwhile, situational factors are the number of observers at the scene, the model and time. On the other hand, personal factors are a person's nature, gender, and religiosity. In this case, altruistic behavior is helping behavior that appears not based on obligation or pressure, but the action arises because it is voluntary and not based on certain norms and sacrifices of money and time.

As a candidate for the nation's successor, college students have a role as agents of change and driving agents in the future. Students are required to have a responsibility to behave and be good role models in society. Students are also expected to understand, feel, and care for others. In addition, one of the student behaviors expected by the community to develop and grow optimally is altruism. However, in today's era, students are more likely to prioritize their interests over others. It illustrates that the student's sense of concern and altruism towards others decreases (Diyai et al., 2019).

Based on a preliminary study with interviews conducted with 11 nursing students, 9 out of 11 respondents had done helping behavior. However, two respondents chose not to help if they did not know the person who needed help in an

urgent situation such as being in a hurry and requiring a high effort and expense. Helping behaviors carried out by respondents were such as buying friends' merchandise even though they did not really need them, taking friends to the clinic and taking care of them while they were sick, taking time to listen to friends' complaints, helping with assignments, participating in social service activities, and others.

Departing from the description, it can be seen that the increasingly rapid development of the times has influenced the pattern of life in thinking and behaving. Considering that altruism is one of the professional values of nursing, it is vital for nursing students to have it as a basis for becoming a nurse. Therefore, the researchers are interested in examining "perceptions and attitudes of nursing students about altruism." The aim is to find out how the perceptions and attitudes of nursing students regarding altruism behavior can be understood, developed, and applied to altruistic behavior in learning strategies.

MATERIALS AND METHOD

Participant characteristics and research design

This qualitative research used a descriptive approach. The descriptive qualitative method describes an important event (Salim & Haidir, 2019). Before taking the samples, the researchers determined the inclusion and exclusion criteria, which were then carried out by open recruitment using the google form. The participants in this study were seven people, consisting of Yogyakarta's nursing students who had passed the Basic Nursing Concept Subject method. This research has received an ethical feasibility letter No. 007/EC-KEPK FKIK UMY/I/2021.

Sampling procedures

The participants was selected by purposive sampling In collecting research data, researchers need tools and materials used as research instruments (Afiyanti & Rachmawati, 2014).

Sample size, power, and precision

The number of participants is seven nursing students. Determination of the number of samples is carried out with saturated samples. When the data obtained has reached saturation, the determination of participants is no longer carried out.

Measures and covariates

The data collection was carried out using semi-structured interviews. Other supporting media comprised Google Forms, Zoom and Ms. Teams applications, which were utilized as media for interviews and recording important events during the data collection process, and stationery to record information from sources. These applications were utilized because it was still in a pandemic situation when data collection

Data analysis

The researchers tested the validity and reliability with four techniques: credibility, which included triangulation of

sources and member checks; transferability, in which researchers made detailed, clear, and systematic descriptions of the reports so that the results were easy to understand; dependability, namely when the researchers collaborated with other researchers to audit all research activities starting from determining the problem, taking field data, determining data sources, analyzing data, testing the data validity, and making conclusions about the data obtained; confirmability by linking the research process.

RESULTS

The informants in this study were nursing students in the Yogyakarta area in year 2nd, 3rd and 4th. The number of the participants are 7 (seven), all of them women. The results of this study found five themes: altruism making a person better, altruism as a form of responsibility, altruism as a religious and social value, affirming altruism, and reward and feedback.

Theme 1: Altruism Making a Person Better

Based on the results of this study, participants perceived that helping behavior accompanied by sincerity would make someone better, make someone feel important to have altruism and feel the benefits of helping behavior that has been done. It is in accordance with the following participant statements:

"... aku emm berusaha untuk berperilaku lebih baik lagi ke dia kayak gitu untuk ngebales kebaikan dia kayak gitu..." (P2)

"... I umm trying to be nicer to him like that to repay his kindness..." (P2)]

"...Penting banget juga sih kayak misalnya contoh nih ada temen kit, kita kan backgroundnya anak kesehatan gitu, misalnya ada teman kita yang nanya- nanya terkait dengan kesehatan. itukan contoh kita kan untuk membantu teman kita juga kan untuk menyelesaikan masalah kesehatannya atau mencari jalan keluar dari masalah kesehatannya tersebut..." P1)

"...It is really important, for example, we have a friend whose background is health. For example, there are our friends who ask questions related to health. It is an example to help our friends too, right, to solve their health problems or find a way out of their health problems..." P1)]

Theme 2: Altruism as a Form of Responsibility

Nursing students' second perception and attitude about altruism were about altruism as a form of responsibility. Altruism as a form of responsibility intended to include reasons for participants to help because of the desire and awareness from within and awareness of the profession. It is the participant's statement as follows:

"...kalau aku ingin nolong orang ya karena aku mau untuk nolongin dia dan karena emang rasa terpenggil kalau dia itu emang butuh bantuan kayak gitu..."(P2)

"...If I want to help people, it is because I want to help him and because I feel called if he really needs help like that..." (P2)]

"...kita harus benar-bener ikhlas apa yang udah kita dapatkan dan keperawatan, dari dosen, dari organisasi sebisa mungkin diterapkan dalam kehidupan sehari-hari..." (P4)

"...We have to be really sincere about what we have received and nursing from lecturers and organizations, as much as possible is applied in daily life..." (P4)]

Based on the participants' narratives of this study, some students of the nursing science study program already had altruism, but most of them did not have altruism. It was evidenced by the following participant statements:

"...kalau menurutku ya mba, cuma ada beberapa aja sih mba belum semua, dan dari beberapanya itu cuma sedikit..." (P7)

"...In my opinion, sis, there are only a few, not all, and of those, only a few..." (P7)]

Theme 3: Altruism as a Religious and Social Value

The third nursing student's perceptions and attitudes regarding altruism included religious teachings, social spirit, self-sacrifice, and generosity. The following participant statements confirmed it:

"...kalau misalkan kita menolong orang dan berbuat baik sama orang kan pasti akan balik lagi kekita. Kan di agama juga diajarkan buat ikhlas apa lagi dalam hal tolong menolong..."(P6)

"...If we help people and do good to people, it will definitely come back to us. In religion, we are also taught to be sincere, especially in terms of helping out..." (P6)]

"...aku bakalan nge usahain sih mba. sesibuk apapun kalau misalnya ada orang yang ngajakin gini...misalnya udh bilang ya mbak yaa... P4 pengen cerita. aku ngusahain buat ngasih waktu..."(P4)

"...I will try anyway, sis. No matter how busy I am, for example, if someone asks me something like this...for example, I have already said yes, sis... P4 wants to tell a story. I try to give it time..." (P4)]

Theme 4: Factors Affirming Altruism

Based on the research results, nursing student altruism could be confirmed by learning from family, altruism by learning from lectures, the influence of social media, and the influence of others. It is in accordance with the following participant statements:

"...menurutku penting juga untuk belajar teori tapi yang penting itu tindakannya gitu lho kalau aku. Mungkin teori kalau terlalu teoritis juga kita bingung kan kadang-kadang apa sih maksudnya tuh kayak gini tapi kalo mungkin ee belajar terapan dari teori itu mungkin akan lebih mudah..."(P2)

"...I think it is also important to learn theory, but what is important is the action if I am. Maybe it is a theory, and if it is too theoretical, we are confused, right? Sometimes, what does it mean, it is like this, but if maybe, learning the application of that theory, maybe it will be easier..." (P2)]

Theme 5: Factors Driving Altruism

Based on the study results, several factors could drive nursing student altruism: rewards and situational. Participants in this study said that someone gave help to

others expecting a good impression and got a similar reply. It was verified by the following participant statements:

"...Imbalan kalau emm dari yang aku lakuin kayak karena dia baik jadi aku harus lebih baik kayak gitu emang perlu banget untuk dilakukan karena selain itu untuk menghormati dia... ya karena itu salah satu hal yang harus dilakukan ya kayak penting gitu untuk dilakukan karena dia berusaha berusaha mengumpulkan baik ke kita..." (P2)

"...The reward for erm from what I do is because he is good to me, so I have to be better. It is how it really needs to be done. Because apart from that, out of respect for him, yes, because it is one of the things that should be done. Yes, it is like it is important to do that because he is trying to gather kindness to us..." (P2)]

The situations and conditions experienced by students determined the students' altruism. The participant said that he would help if there was a close relationship, help in his spare time, help if he could, and help when he was in a good mood.

"...kalau seumpama kita udah dekat tu pasti ada rasa ingin membantunya tu pasti lebih gede gitu. karena kalau semisal kita nggak kenal sama orang itu ya kita cuma kayak punya rasa pengen membantu..." (P4)

"...If we were close, there must be a greater desire to help him. Because if we do not know that person, we just feel like we want to help..." (P4)]

"...ya kalau misalkan aku bisa, aku lagi senggang ya aku akan bantu mba..." (P6)

"...Yes, if I can do it and I am free, I will help, sis..." (P6)]

DISCUSSION

Theme 1: Altruism Makes a Person Better

Altruism is defined as behavior in which people act to help improve the welfare of others. Based on the study results, it was found that participants perceived that when they had been helped by others when they needed help, this made the person realize the importance of behaving altruistically, thus making them realize to be kinder to others. The results of this study are supported by Helmiyyah's (2019) research, which found that 20.7% of the findings indicated that gratitude was one of the factors associated with altruistic behavior in society.

Basically, humans are social beings who need each other, so it is important to apply selfless mutual help behavior. It is supported by Neumann's (2019) research, believing that altruism is important to apply so that in a social environment, individualistic and egoism attitudes are not considered normal. Moreover, altruistic behavior is an act to benefit others or society as a whole without expecting personal gain (Egilmez & Naylor-tincknell, 2017).

Theme 2: Altruism as a Form of Responsibility

Altruistic behavior can occur with a person's self-awareness and desire for a sense of responsibility to help. Participants said that empathy simply included understanding or feeling what other people were going through. Related to this, empathy motivates a person to behave altruistically (Li et al., 2019). The results of this study

align with the research results conducted by Atabaeva (2019), which found that the higher the level of empathy in adolescents, the more likely a person is to commit altruism with significant values.

Participants' perception of professional awareness was that nurses were responsible for applying the knowledge learned during the nursing education process and carrying out health procedures in assisting patients. Participants also said that a nurse was not only limited to aborting obligations and working on getting a salary but should be accompanied by a sense of sincerity in helping. It is supported by research conducted by Savitri (2020) that everyone has a social responsibility for something that other people do so that when someone else needs help, that person must help him. Here, a nurse must have professional awareness. The nursing profession was described as a profession with an important vision of professionally improving the quality of health services.

Based on the study results, six of the seven participants stated that some nursing science study program students still had a low sense of caring and high egotism. Students' egotism was seen in their lack of sensitivity to their friends' circumstances, and when they worked together on group assignments, some students were selfish and did not play a role in doing assignments. It is verified by Diyai's (2019) research, which asserted that over time, teenagers are now more selfish with their surrounding environment.

Theme 3: Altruism as a Religious and Social Value

Altruism as a religious value in the form of belief is an attitude shown by humans who conclude that they know enough about something and have reached the point of truth (Putri, 2018). The results of this study indicated that belief in religious teachings motivated someone to behave altruistically or behave sincerely to help. It is reinforced by Mulyadi's (2016) research that religious teachings that have become deep beliefs will motivate a person to pursue a better level of life. In addition, this study's participants said that participating in social activities and self-sacrifice is a voluntary action taken by a person in donating his time, thought, energy, and expertise to help others with a conscious state that he does not get rewarded for what he has donated (Main et al., 2018). Someone who likes helping activities or giving charity and is willing to help others voluntarily is one aspect of altruism. Someone with an altruistic nature will also be happy to provide help to others (Ni'mah, 2018).

Theme 4: Factors Affirming Altruism

Affirming altruism can be started by learning from the family. The family is the main center of learning in forming a child's self-concept. The family's role is vital in teaching and providing examples of altruistic behavior in children as early as possible. This research is supported by Santika's (2018) research, which said that the main function of the family is as a means for nurturing, educating, socializing children, developing abilities to achieve good functions in society, and providing satisfaction and a healthy environment for the realization of a prosperous family.

Altruism behavior itself must begin to be improved when taking nursing education so that nursing students can prepare for their roles and increase their sense of responsibility to help others. It is reinforced by Acosta, Orozco's (2017) research, revealing that participants with more education tended to report significantly higher

optimism for altruistic behavior, with an average score of 4.2 with 74.7% of participants indicating "strong."

In this study, participants were happy to see social media content, such as the problems in Palestine, raising donations for disasters or people who experienced disasters, and content sharing sustenance with underprivileged people. The researchers found that content like this could motivate someone to increase awareness of altruistic behavior. It is in line with research conducted by Hamid (2016), who found that mass media could be a source of prosocial behavior and other positive behaviors. It was evidenced by the high correlation and interdependence.

Moreover, interactions and friendship activities can influence a person's altruistic behavior. When someone is in a small group with the same frequency, the person will feel confident to help others. It is because there is an indirect urge to behave in altruism from activities that other individuals have carried out. This study is confirmed by Hsieh's (2020) study, which found that altruism levels were stronger among friends than among randomly selected strangers. It is where an individual could be directly influenced by peers' activities. Therefore, the individual's altruism level also plays an important role in forming friendship networks. In addition, nursing students are expected to always learn and develop their skills in caring for others around them. It is also a form to increase caring and believing in others.

Theme 5: Factors Driving Altruism

Participants in this study revealed that someone gave help to others based on a motive to expect a good impression from the person helped and got a similar reply when he needed help. It is supported by Isnaeni's (2018) research, which found that 63% of students felt more valued and eager to help again if they were rewarded after helping. However, it is not in line with Pangaribuan's (2017) research, which stated that a nurse must be able to treat patients sincerely, respect fellow human beings, and help each other without expecting anything in return. In addition to rewards, this study's participants stated that a person's decision to help sometimes depended on certain situations influencing a person to do help.

The results of this study found that participants believed that they would be more likely to help people who had close relationships with themselves because their desire to ensure a person's survival was higher. It aligns with Carmichael's (2016) research, saying that the effect of a person's closeness appeared by influencing a fairly large adaptive value. In addition to the closeness factor, someone who would do help could be influenced by his mood. In this case, the mood is the most prominent thing as changes in subjective feelings sometimes occur in a relatively long duration, thus affecting the desire to do help. However, this study is not in accordance with Syafriani's (2017) research that a nurse must be aware that there is nursing professionalism in helping patients, shown in a concerned attitude, namely prioritizing the patient's needs in the nursing care process in any condition and situation.

LIMITATION OF THE STUDY

This study is conduct interview trough online because of pandemic situation.

CONCLUSION AND SUGGESTION

The research results on perceptions and attitudes of nursing students about altruism found five themes: altruism making a person better, altruism as a form of responsibility, altruism as a religious and social value, factors affirming altruism, and factors driving altruism. After doing this research, it is hoped that this research can be used as a resource in teaching activities to develop learning methods for professional behavior, especially altruism, and further researchers can dig deeper into the factors that can increase altruism behavior so that it can be used as a reference to increase altruism behavior.

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ETHICAL CONSIDERATIONS

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Conflict of Interest Statement

There is no conflict interest to this study

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