UNIVERSITAS PELITA HARAPAN

FAKULTAS KEDOKTERAN

ABSTRAK

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PREVALENSI DEPRESI, KECEMASAN DAN STRES PADA TENAGA KESEHATAN DI INDONESIA YANG BEKERJA DI MASA PANDEMI COVID-19

(XIII + 67 halaman: 9 tabel; 4 bagan; 1 lampiran)

Latar Belakang : Pandemi COVID-19 berdampak tidak hanya pada kesehatan secara fisik tetapi juga kesehatan mental. Tenaga kesehatan merupakan kelompok rentan, yang tidak hanya berisiko tinggi terinfeksi COVID-19, tetapi juga berisiko tinggi mengalami permasalahan mental emosional terkait kondisi pandemi ini. Belum banyak penelitian di Indonesia yang meneliti kejadian depresi, kecemasan, serta stres pada tenaga kesehatan dalam lingkup yang luas.

Tujuan Penelitian : Mengetahui tingkat depresi, kecemasan dan stres pada tenaga kesahatan di Indonesia era COVID-19 dan faktor – faktor yang mempengaruhi.

Metode Penelitian : Penelitian ini termasuk dalam penelitian deskriptif analitik kategorik yang menggunakan metode potong lintang. Penelitian melibatkan tenaga kesehatan di Indonesia yang bekerja pada masa pandemi COVID-19. Kuesioner *Depression Anxiety and Stress Scale – 21* (DASS-21) yang digunakan untuk mengukur kejadian depresi, kecemasan, serta stress disebarkan secara daring melalui media sosial *whatsapp* dan *Instagram* dengan kriteria inklusi berupa tenaga kesehatan yang bersedia mengikuti penelitian serta sedang bekerja pada masa pandemi COVID – 19. Faktor eksklusi yang ditentukan peneliti adalah tenaga kesehatan yang memiliki masalah mental emosional sebelum pandemi COVID – 19 dan yang memiliki trauma berat sebelum pandemi.

Hasil : Sebanyak 176 responden yang mengisi kuesioner penelitian sesuai dengan kriteria inklusi dan eksklusi. Prevalensi tenaga kesehatan yang mengalami masalah

mental emosional secara keseluruhan 18,75 % (33 responden) dengan sebanyak 19 responden (10,8%) mengalami depresi dan 22 responden (12,5%) mengalami stres atau cemas. Terdapat 11 responden (33,33%) mengalami kombinasi gejala depresi, stres dan kecemasan, serta 5 responden (15,15%) mengalami kombinasi masalah stres and kecemasan. Hasil Analisa menunjukan adanya hubungan signifikan antara tipe pekerjaan dengan angka kejadian depresi (p=0,03), stres (p=0,007) dan kecemasan (p<0,01). Pada faktor depresi dan kecemasan didapatkan bahwa populasi perawat lebih tidak beresiko dibandingkan dokter umum (OR 0,18 (KI 95% 0,39 – 0,84)) dan (OR 0,15 (KI 95% 0,04 – 0,60)). Pada faktor stres populasi yang mempunyai hubungan signifikan yaitu perawat (p=0,014), non-fungsional/manajerial (p=0,008), dan lainnya (dokter gigi, laboran,sanitarian, bidan, apoteker) (p=0,008) dengan OR stres 8,38 (95% KI 1,49 – 47,13), OR 10,17 (95% KI 1,78 – 58,04), dan OR 9,00 (95% 1,67 – 48,40) dibandingkan dengan dokter umum.

Simpulan : Prevelensi tenaga kesehatan yang mengalami depresi secara keseluruhan sebanyak 19 sampel (10.8%), stres dan cemas masing-masing sebanyak 22 sampel (12.5%). Terdapat hubungan yang signifikan antara jenis kelamin dengan faktor kecemasan, serta tipe pekerjaan dengan faktor depresi, stres dan kecemasan pada tenaga kesehatan di Indonesia saat masa pandemi.

Kata Kunci : COVID-19, Pandemi, Kecemasan, Anxietas, Depresi, Stres, Faktor Resiko, Prevalensi, Masalah Mental Emosional, Tenaga Kesehatan.

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ABSTRACT

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PREVALENCE OF DEPRESSION, ANXIETY, AND STRESS AMONG HEALTH WORKERS IN INDONESIA THAT WORKDS DURING PANDEMIC COVID-19 ERA.

(XIII + 67 pages: 9 table; 4 schematic; 1 attachment)

Background : *The COVID-19 pandemic impacts not only physical health but also mental health. Health workers are a vulnerable group, who are not only at high risk of being infected with COVID-19, but also at high risk of experiencing mental emotional problems related to this pandemic condition. Not many studies in Indonesia have examined the incidence of depression, anxiety, and stress in a wide range of health workers.*

Aim : *This study is aimed to access level of depression, anxiety, and stress among healthcare professionals in Indonesia during pandemic COVID-19 era.*

Methods *: This research is included in a categorical analytic descriptive study that uses the cross sectional method. The research involved health workers in Indonesia who were working during the COVID-19 pandemic. The Depression Anxiety and Stress Scale - 21 (DASS-21) questionnaire, which is used to measure the incidence of depression, anxiety, and stress, is distributed online via social media WhatsApp and Instagram with inclusion criteria in the form of health workers who are willing to take part in research and are currently working during the COVID pandemic. - 19. The exclusion factors determined by the researchers were health workers who had mental emotional problems before the COVID-19 pandemic and who had severe trauma before the pandemic.*

Results : *A total of 176 respondents filled out the research questionnaire according to the inclusion and exclusion criteria. The overall prevalence of health workers experiencing mental emotional problems was 18.75% (33 respondents) with 19 respondents (10.8%) experiencing depression and 22 respondents (12.5%) experiencing stress or anxiety. There were 11 respondents (33.33%) who experienced a combination of symptoms of depression, stress and anxiety, and 5 respondents (15.15%) experienced a combination of stress and anxiety problems. The results of the analysis showed that there was a significant relationship between the type of work and the incidence of depression (p = 0.03), stress (p = 0.007) and anxiety (p <0.01). In terms of depression and anxiety, it was found that the nurse population was less at risk than general practitioners (OR 0.18 (95% KI 0.39 - 0.84)) and (OR 0.15 (95% KI 0.04 - 0.60))). The population stress factors that have a significant relationship are nurses (p = 0.014), non-functional / managerial (p = 0.008), and others (dentists, laboratory assistants, sanitarians, midwives, pharmacists) (p = 0.008) with OR stress 8 , 38 (95% KI 1.49 - 47.13), OR 10.17 (95% KI 1.78 - 58.04), and OR 9.00 (95% 1.67 - 48.40) compared to general practitioners.*

Conclusion : *The overall prevalence of health workers who experienced depression was 19 samples (10.8%), stress and anxiety were 22 samples (12.5%) respectively. There is a significant relationship between gender and anxiety factors, as well as the type of work with depression, stress and anxiety factors in health workers in Indonesia during the pandemic.*

Keywords : *COVID-19, Pandemic, Anxiety, Depression, Stress, Risk Factor, Prevalence, Mental Emotional Problems, Healthcare Workers.*