

ABSTRAK

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PENGARUH KETERBATASAN KONTAK SOSIAL PRIMER SELAMA MASA PANDEMI TERHADAP KESEHATAN MENTAL MAHASISWA ANGKATAN 2018/2019 PROGRAM STUDI KEDOKTERAN UNIVERSITAS PELITA HARAPAN BERDASARKAN TIPE KEPRIBADIAN.

Latar Belakang : Masuknya virus korona di Indonesia yang diikuti dengan kebijakan pembatasan kontak sosial primer dan pembelajaran daring menyebabkan keterbatasan dalam berinteraksi secara langsung/tatap muka. Beberapa penelitian yang dilakukan di berbagai negara menemukan bahwa pembatasan kontak sosial akibat pandemi ini menyebabkan penurunan kesehatan mental pada sejumlah responden mereka. Namun kesehatan mental tidak hanya dipengaruhi oleh keterbatasan kontak sosial primer tipe kepribadian juga dapat berpengaruh pada kesehatan mental selama masa pandemi ini.

Tujuan Penelitian : Mengetahui pengaruh antara keterbatasan kontak sosial primer akibat karantina terhadap kesehatan mental mahasiswa Fakultas Kedokteran Universitas Pelita Harapan angkatan 2018-2019 (UPH) selama pandemic dan hubungannya dengan tipe kepribadian

Metode Penelitian : *Cross Sectional*

Hasil: Data didapatkan dari 130 responden yang telah melewati kriteria eksklusi yang kemudian diolah menggunakan analisa Krsukall-Wallis, Mann-U Whitney, dan Chi Square. Penelitian ini menunjukkan adanya hubungan yang signifikan antara kontak sosial primer dengan kesehatan mental dan kontak sosial primer dengan jenis kepribadian dengan p-value masing-masing 0.019 dan 0.008 dan hubungan tidak signifikan antara jenis kepribadian dengan kesehatan mental dengan p-value 0.746

Kesimpulan: Terdapat hubungan yang signifikan antara jumlah interkasi sosial primer dengan kesehatan mental pada mahasiswa FK UPH 2018-2019

Kata Kunci : Kontak sosial primer, kesehatan mental, mahasiswa FK UPH, pandemi, *introvert*, *extrovert*, daring/*online*

ABSTRACT

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THE EFFECT OF PRIMARY SOCIAL CONTACT LIMITATION DURING THE PANDEMIC TOWARDS STUDENTS OF FACULTY OF MEDICINE UNIVERSITAS PELITA HARAPAN BATCH 2018-2019 MENTAL HEALTH BASED ON THE TYPES OF PERSONALITIES.

Background : The entry of the corona virus in Indonesia, followed by a policy of limiting primary social contact and online learning, causes limitations in direct/face-to-face interaction. Several studies conducted in various found that a limitation of social contact due to this pandemic caused a decline in mental health in some of their respondents. However, mental health is not solely affected by the limitation of primary social contact, personality type may also affect mental health during this pandemic.

Aim : This study aims to determine whether there is an effect of a limited primary social contact due to quarantine towards the mental health of students at the Faculty of Medicine University of Pelita Harapan (FK UPH) during the pandemic and its relation to the types of personalities

Hypothesis : There is an effect between a limited primary social contact on the mental health and types of personalities of UPH FK students

Methods : Cross Sectional

Results: Data is collected from a total of 130 respondent who has gone through the exclusion criteria. The data is then analyse using Kruskal-Wallis, Mann-U Whitney, dan Chi Square. This research shows that there is a significant relationship between primary social contact and mental health and between primary social contact and types of personality with the p-value of 0.019 dan 0.008 respectively and an insignificant relationship between types of personality and mental health with p-value of 0.746

Conclusion: There is a significant relationship between primary social contact and mental health in medical student of UPH

Key Words : Primary social contact, mental health, FK UPH students, pandemic, introvert, extrovert. Online