ABSTRAK

Latar Belakang: Kesehatan mental adalah kondisi dari kesejahteraan yang disadari oleh individu, meliputi kemampuan untuk mengelola stress kehidupan secara wajar, untuk bekerja secara produktif dan berperan serta di komunitas. Kesehatan mental dapat mengalami gangguan, salah satu bentuknya yaitu depresi, berupa gangguan serius yang ditandai dengan adanya penurunan suasana hati, kehilangan minat terhadap sesuatu, memiliki perasaan bersalah berlebih, gangguan tidur, gangguan nafsu makan, kehilangan energi, dan penurunan konsentrasi. Individu yang mengalami depresi akan memiliki perasaan kesepian, putus asa, dan tidak berdaya, sehingga adanya perburukan kondisi kesehatan mental seseorang termasuk remaja yang mengalami depresi dapat berakibat pada timbulnya keinginan bunuh diri, terutama selama pandemi COVID – 19 seperti saat ini.

Tujuan Penelitian: Untuk mengetahui hubungan antara tingkat depresi dan keinginan bunuh diri mahasiswa Fakultas Kedokteran Universitas Pelita Harapan pada masa pandemi COVID – 19.

Metode: Desain penelitian yang digunakan pada penelitian ini adalah studi analitik potong lintang. Penelitian dilakukan kepada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan Angkatan 2019 dan 2020 yang memenuhi kriteria penelitian. Data responden akan diperoleh melalui kuesioner elektronik *The Patient Health Questionnaire(PHQ-9)* dan *Adult Suicide Ideation Questionnaire*. Hasil penelitian akan diolah dengan menggunakan uji korelasi gamma.

Hasil: Dari 48 partisipan, terdapat 62,50% mahasiswa yang mengalami depresi ringan hingga berat. 39,58% mahasiswa mengalami depresi ringan, 18,75% mahasiswa mengalami depresi sedang, dan 4,17% mahasiswa mengalami depresi berat. Dengan persentase 77,08% mahasiswa minimal melakukan bunuh diri. Dari hasil analisa statistik, terddapat hubungan yang signifikan antara tingkat depresi dan keinginan bunuh diri. *(p value= 0,001;* nilai korelasi *= 0,933)*

Kesimpulan: Terdapat hubungan signifikan antara tingkat depresi dan keinginan bunuh diri *(p value = 0,001;* nilai korelasi *= 0,933)*

Kata Kunci: Depresi, gangguan mental, bunuh diri, COVID – 19

ABSTRACT

Background*: Mental health is a state of well-being which is realized by individuals, including the ability to manage the stresses of life naturally, to work productively and to participate in the community. Furthermore, mental health can experience disturbances, one of which is depression. It is a serious disorder which is characterized by a decrease in mood, loss of interest in something, having excessive feelings of guilt, sleep disturbances, eating disorders, loss of energy, anddecreased concentration. Moreover, individuals who are depressed will have feelings of loneliness, hopelessness, and helplessness. Therefore, there is worsening of a person's mental health condition; such as, adolescents who are depressed can lead to suicidal ideation; especially, during the current COVID-19 pandemic.*

Research Objective*: To determine the relationship between the level of depression and suicidal ideation in students of the Faculty of Medicine, Pelita Harapan University during the COVID-19 pandemic.*

Method*: The research design used in this study was analytical cross-sectional study. Moreover, the research was conducted on students of the Faculty of Medicine, Pelita Harapan University Batch 2019 and 2020 who met theresearch criteria. In addition, respondent data would be obtained through electronicquestionnaires of The Patient Health Questionnaire (PHQ-9) and Adult Suicide Ideation Questionnaire. The research results would be processed by using the gamma correlation test.*

Result: *Out of 48 participants, 62,50% student have mild to severe depression. 39,58% student with mild depression, 18,75% students have moderate depression, and 4,17% have severe depression. With 77,08% students have minimal suicide ideation. Based on statistic analysis, there's a significant relationship between level depression and suicidal ideation. (p value= 0,001; correlation value = 0,933)*

Conclusion: there is significant relationship between level of depression and suicidal ideation. (p value= 0,001; correlation value = 0,933)

Key words: Depression, mental disorders, suicide, COVID – 19