

## ABSTRAK

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### **HUBUNGAN KEPARAHAN GEJALA COVID – 19 DENGAN TINGKAT DEPRESI MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN**

(xv + 87 halaman: 3 bagan; 7 tabel; 5 lampiran)

**Latar belakang:** Virus SARS-CoV-2 dapat mempengaruhi fungsi korteks frontal dan hipokampus serta transmisi serotonergik sehingga memicu terjadinya gejala depresi. Prevalensi depresi secara global pada tahun pertama pandemi COVID-19 meningkat hingga 25%. Penelitian mengenai hubungan keparahan gejala COVID-19 dengan depresi di kalangan mahasiswa masih sangat terbatas, oleh karena itu penelitian ini bertujuan untuk meneliti hubungan antara keparahan gejala COVID-19 dengan tingkat depresi pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan. Penelitian ini menggunakan kuesioner yang berbeda dari penelitian sebelumnya, yaitu dengan kuesioner yang telah disesuaikan dengan kriteria *National Institutes of Health* (NIH) untuk mengukur tingkat keparahan gejala COVID-19 dan kuesioner *Beck Depression Inventory II* (BDI-II) untuk mengukur tingkat depresi.

**Tujuan Penelitian:** Mengetahui ada tidaknya hubungan antara keparahan gejala COVID-19 dan tingkat depresi pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan.

**Metode:** Penelitian ini menggunakan desain penelitian kuantitatif dengan studi potong lintang. Untuk mengukur tingkat keparahan gejala COVID-19 digunakan kuesioner yang telah disesuaikan dengan klasifikasi *National Institutes of Health* (NIH) dan untuk mengukur keparahan depresi digunakan kuesioner *Beck Depression Inventory-II* (BDI-II). Hubungan antara keparahan COVID-19 dan depresi diuji dengan uji Chi Square.

**Hasil:** Penelitian ini melibatkan 186 responden dengan rentang usia 18 hingga 21 tahun. Didapatkan 112 responden (60,2%) terinfeksi COVID-19 dengan gejala ringan, 32 (17%) gejala sedang, 33 (18%) gejala berat dan 1 (0,5%) kritis. Skor *Beck depression inventory II* (BDI-II) menunjukkan bahwa 32 responden (17,2%) mengalami depresi ringan, 30 (16,1%) depresi sedang, dan 26 (14%) mengalami depresi berat. Untuk uji Chi Square hubungan antara tingkat keparahan COVID-19

dan depresi diperoleh hasil OR 59,375 (95% CI 21,943 – 160,660) dengan nilai  $p < 0.05$ .

**Kesimpulan:** Terdapat hubungan antara keparahan gejala COVID-19 dengan tingkat depresi pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan.

**Kata kunci:** COVID-19, depresi, mahasiswa FK UPH



## **ABSTRACT**

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### ***THE RELATIONSHIP BETWEEN THE SEVERITY OF COVID-19 SYMPTOMS WITH THE LEVEL OF DEPRESSION IN MEDICAL STUDENTS OF THE FACULTY OF MEDICINE UNIVERSITAS PELITA HARAPAN***

*(xv + 87 pages; 3 charts; 7 tables; 5 attachments)*

**Background:** *The SARS-CoV-2 virus can affect the function of the frontal cortex and hippocampus as well as serotonergic transmission, thus triggering depressive symptoms. The global prevalence of depression in the first year of the COVID-19 pandemic increased by 25%. Research on the relationship between the severity of COVID-19 symptoms and depression among university students is still very limited, therefore this study aims to study the relationship between the severity of COVID-19 symptoms and the severity of depression among students at the Faculty of Medicine, Universitas Pelita Harapan. This study used a different questionnaire from previous studies, namely a questionnaire adapted to the National Institutes of Health (NIH) criteria to measure the severity of COVID-19 symptoms and the Beck Depression Inventory II (BDI-II) questionnaire to measure the severity of depression. .*

**Purpose:** *To discover whether there is a relationship between the severity of COVID-19 symptoms and the level of depression in students of the Faculty of Medicine, Pelita Harapan University.*

**Methods:** *This study uses a quantitative research design with a cross-sectional study. To measure the severity of COVID-19 symptoms, a questionnaire adapted to the National Institutes of Health (NIH) classification was used and to measure the severity of depression, the Beck Depression Inventory-II (BDI-II) questionnaire was used. The relationship between COVID-19 severity and depression was tested with the Chi Square test.*

**Result:** *This study obtained 186 respondents with an age range of 18 to 21 years. It was found that 112 of the respondents (60.2%) contracted COVID-19 with mild symptoms, 32 (17%) with moderate symptoms, 33 (18%) with severe symptoms and 1 (0.5%) was critical. The Beck Depression Inventory II (BDI-II) score showed that 32 of the respondents (17.2%) had mild depression, 30 (16.1%) had moderate depression, and 26 (14%) had severe depression. The Chi Square test for the*

*relationship between the severity of COVID-19 and depression showed an OR of 59.375 (95% CI 21.943 – 160.660) with a p value <0.05.*

***Conclusion:*** *There is a relationship between the severity of COVID-19 symptoms and the level of depression in Pelita Harapan University Medical Faculty students.*

***Keywords:*** *COVID-19, depression, medical student UPH*

