

## ABSTRAK

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### **HUBUNGAN DURASI TINGGAL DI RUMAH SELAMA PANDEMI COVID-19 DENGAN KEADAAN PSIKOLOGIS DAN PTSD PADA MAHASISWA PREKLINIK FK UPH ANGKATAN 2019 SAMPAI 2021**

(xvii + 50 halaman: 3 gambar; 15 tabel; 4 lampiran)

**Latar Belakang:** Munculnya penyakit COVID-19 membuat Indonesia membuat peraturan untuk mematuhi protokol kesehatan seperti 5M (memakai masker, mencuci tangan, menjaga jarak, menjauhi kerumunan, dan mengurangi mobilitas) dan Pemberlakuan Pembatasan Kegiatan Masyarakat (PPKM). Peraturan-peraturan tersebut mengakibatkan berbagai perubahan kebiasaan, salah satunya durasi tinggal di rumah yang berlebihan yang dapat berdampak pada keadaan psikologis dan *posttraumatic stress disorder* (PTSD). Beberapa studi di Indonesia menemukan bahwa 1.631 dari 2.364 orang mengalami gangguan keadaan psikologis dan 2,7% mengalami PTSD selama pandemi COVID-19. Penelitian ini dilakukan untuk mengetahui hubungan antara durasi tinggal di rumah dengan keadaan psikologis dan PTSD.

**Tujuan Penelitian:** Mengetahui dampak durasi tinggal di rumah selama pandemi COVID-19 pada keadaan psikologis dan PTSD.

**Metode Penelitian:** Penelitian ini menggunakan desain studi potong lintang dengan sampel sebesar 322 mahasiswa preklinik fakultas kedokteran Universitas Pelita Harapan. Durasi tinggal di rumah menggunakan batas indikator  $\leq 2$  minggu dan  $> 2$  minggu. Tingkat keadaan psikologis diukur menggunakan kuesioner *general anxiety disorder-7* (GAD-7) dan tingkat PTSD menggunakan alat ukur kuesioner *impact of event scale-revised* (IES-R). Proses pengumpulan data menggunakan teknik *purposive sampling*. Data diproses menggunakan analisis bivariat dengan uji regresi logistik pada program SPSS versi 26.0.

**Hasil:** Sejumlah 322 responden berusia 17-26 tahun terhitung di dalam penelitian ini. Sebesar 157 orang (48,8%) mengalami gangguan keadaan psikologis dan 53 orang (16,5%) berisiko dan kemungkinan PTSD. Ada hubungan yang signifikan antara tinggal di rumah selama  $> 2$  minggu dengan timbulnya gangguan psikologis (OR = 1,930; 95% CI: 1,229-3,031,  $p = 0,004$ ) dan berisiko mengalami PTSD (OR = 2,088; 95% CI: 1,149-3,795,  $p = 0,016$ ).

**Kata kunci:** keadaan psikologis, PTSD, tinggal di rumah, pandemi COVID-19

Jumlah kata: 250 kata

## ABSTRACT

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### **THE RELATIONSHIP BETWEEN DURATION OF STAYING AT HOME DURING COVID-19 PANDEMIC WITH PSYCHOLOGICAL STATE AND PTSD IN FACULTY OF MEDICINE UPH PRECLINICAL STUDENT YEAR 2019 TO 2021**

(xvii + 50 pages: 3 images; 15 tables; 4 attachments)

**Background:** The emergence of COVID-19 disease had caused Indonesia to established regulations regarding health protocols such as 5M (wearing masks, washing hands, maintaining distance, staying away, avoiding crowds, reducing mobility) and the Implementation of Community Activity Restriction (PPKM). These regulations resulted in various changes in habits, excessive duration of stay at home is one of them which may have an impact on psychological state and posttraumatic stress disorder (PTSD). Several studies in Indonesia found that 1,631 out of 2,364 people experienced psychological disorders and 2,7% had PTSD during COVID-19 pandemic. Henceforth, this study was conducted to determine the relationship between duration of stay at home with psychological state and PTSD.

**Aim:** To determine the impact of staying at home duration during COVID-19 pandemic on psychological state and PTSD.

**Methods:** A cross-sectional design was used in this study with 322 preclinical students from Pelita Harapan University faculty of medicine as the samples. Stay at home duration used  $\leq 2$  weeks and  $> 2$  weeks as the indicator. Psychological state was measured using general anxiety disorder-7 (GAD-7) questionnaire and PTSD using the impact of event scale-revised (IES-R) questionnaire. Purposive sampling technique was used during the collecting data process. Bivariate analysis with logistic regression test on SPSS version 26.0 was used to process the data.

**Results:** A total of 322 respondents aged 17-26 years were included in this study. An amount of 157 people (48,8%) experienced psychological state disorder and 53 people (16,5%) were at risk and possible PTSD. There was a significant relationship between staying at home for  $> 2$  weeks with the development of psychological state disorder (OR = 1.930; 95% CI: 1.229-3.031,  $p = 0,004$ ) and the risk of developing PTSD (OR = 2.088; 95% CI: 1.149-3.795,  $p = 0.016$ ).

**Keywords:** psychological state, PTSD, stay at home, COVID-19 pandemic

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