

Ungkapan stres untuk gejala cemas dan depresi pada pasien di Puskesmas Gambir (studi kualitatif) = The idioms of distress related to anxiety and depression symptom in patients at Gambir Public Health Centre Jakarta qualitative study / Chrisna Mayangsari

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Abstrak

[ABSTRAK

Pendahuluan: Gangguan cemas dan depresi merupakan global burden of disease. Prevalensi gangguan cemas dan depresi untuk penduduk Indonesia sebesar 11,6%, di DKI Jakarta sebesar 14,1% dengan angka tertinggi ada di Jakarta Pusat sebesar 23,0%. Meskipun angkanya besar, namun banyak orang dengan gangguan cemas dan depresi mengalami kesenjangan pengobatan (treatment gap) yang disebabkan oleh berbagai faktor. Penelitian ini bertujuan untuk mendapatkan gambaran mendalam tentang ungkapan stres (idiom of distress) untuk gejala cemas dan depresi juga tentang perilaku mencari pertolongan terkait dengan ungkapan stres tersebut pada pasien yang datang berobat ke layanan kesehatan primer.

Metode: Penelitian ini merupakan studi kualitatif dengan wawancara mendalam pada responden yang telah diketahui mengalami gejala cemas dan depresi melalui penapisan dengan menggunakan instrumen Self-Reporting Questionnaire (SRQ). Penelitian dilakukan di Puskesmas Gambir dan waktu pelaksanaan pada bulan September 2013 sampai Juli 2014.

Hasil: Data penelitian diperoleh dari tiga orang responden yang ketiganya tergolong dalam initial somatizer dengan keluhan somatik multipel. Ungkapan yang diberikan berupa bahasa daerah, bahasa Indonesia, peribahasa, bahasa asing (Belanda, Inggris). Ketiganya juga diketahui memiliki stresor biologis, psikologis, sosial-ekonomi, dan agama/ budaya. Seluruh responden memilih untuk meminta pertolongan ke fasilitas kesehatan, namun tidak pernah mengungkapkan keluhan terkait perasaannya dan tenaga kesehatan tidak pernah menanyakan.

Pembahasan: Keluhan somatik multipel mungkin merupakan suatu bentuk ungkapan stres terkait gejala cemas dan depresi yang lebih dapat diterima secara sosial. Ungkapan stres ini juga dipengaruhi oleh bahasa atau kebudayaan seseorang. Pola perilaku mencari dipengaruhi keluhan fisiknya sehingga mencari pertolongan medis dan tidak pernah mengakses ke layanan kesehatan jiwa.

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ABSTRACT

Introduction: Anxiety and depression disorders are the global burden of disease. The prevalence of anxiety and depression disorders of Indonesia's population is 11.6%. In Jakarta it is 14.1% and the highest rate in Central Jakarta is amounted to 23.0%. Although it is high prevalence, many people with anxiety and depression

disorders have treatment gap caused by various factors. This study aims to gain a deeper understanding of the idiom of distress for anxiety and depression's symptom, also for help-seeking behavior related to the idiom of distress on patients who come for a treatment to primary health care.

Method: This study is a qualitative with in-depth interviews in respondents who have been known to have symptoms of anxiety and depression through a screening using the instruments of Self-Reporting Questionnaire (SRQ). The study was conducted at the Gambir Primary Health Care from September 2013 until July 2014.

Result: The data was obtained from three respondents who were classified in the initial somatizer with multiple somatic complaints. The phrase is given in the form of the local language, Indonesian, proverbs, and foreign languages (Dutch, English). All three respondents are known to have biological stressors, psychological, socio-economic, and religious/ cultural. All respondents chose to ask for help at a health facility, but never revealed their feelings and health personnel never asked about their feelings.

Discussion: Multiple somatic complaints may constitute the idiom of distress related to the symptoms of anxiety and depression that is socially more acceptable. The idiom of distress is also influenced by the personal language or the culture. The help-seeking behavior is influenced by the physical complaints to seek medical help and not to have an access to the mental health services., Introduction: Anxiety and depression disorders are the global burden of disease.

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