

# Hubungan psychological well being dengan kesiapsiagaan bencana gempa bumi pada mahasiswa Fakultas Ilmu Keperawatan Universitas Indonesia Tahun 2019 = Relationship between psychological well being with earthquake disaster preparedness among Faculty of Nursing Universitas Indonesia students in 2019

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## Abstrak

Bencana alam yang menunjukkan korban meninggal paling banyak ditimbulkan oleh gempa bumi disebabkan karena kurangnya kesiapsiagaan. Kelompok paling rentan dalam situasi ini adalah perempuan, terutama remaja akhir perempuan dengan usia 18-21 tahun yang menjadikan *psychological well being* sebagai hal penting dalam perkembangannya. Penelitian ini membahas mengenai hubungan *psychological well being* dengan kesiapsiagaan bencana gempa bumi pada mahasiswi FIK UI. Desain penelitian ini menggunakan deskriptif korelatif dengan teknik *purposive sampling* dan jumlah responden sebanyak 198 mahasiswi dengan kriteria inklusi mahasiswi aktif FIK UI 2015-2017 dengan usia 17-21 tahun dan pernah mengalami bencana gempa bumi, kuesioner yang digunakan yaitu data demografi, kuesioner Ryff *Psychological Well Being* (validitas 0,266-0,703, reliabilitas 0,727 dan kuesioner kesiapsiagaan bencana gempa bumi (validitas 0,361, reliabilitas 0,948). Analisis data meliputi univariat dan bivariat (*cqi* square). Penelitian ini telah dinyatakan lolos uji etik (No.86/UN2.F12.D/HKP.02.04/2019). Hasil penelitian menunjukkan rata-rata mahasiswi FIK UI memiliki *positive relations with other*, *autonomy, enviromental mastery*, *personal growth, self acceptance, purpse of life* dan kesiapsiagaan bencana gempa bumi pada tingkat optimal atau tinggi. Hasil uji statistik menunjukkan ada hubungan bermakna antara *psychological well being* dengan kesiapsiagaan bencana gempa bumi (*p* = 0,015) dengan hasil nilai OR 4,517 artinya *psychological well being* tinggi akan meningkatkan 4,5 kali kesiapsiagaan bencana gempa bumi tinggi dibandingkan *psychological well being* rendah. Penelitian ini diharapkan menjadi dasar dalam pengembangan program promosi kesehatan jiwa mahasiswi dalam mempertahankan dan meningkatkan *psychological well being* dan kesiapsiagaan bencana gempa bumi.

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Natural disasters that show the most fatalities caused by earthquakes are caused by lack of preparedness. The most vulnerable groups in this situation are women, especially the late adolescents of women aged 18-21 years who make psychological well being as important in its development. This study discusses the relationship of psychological well being with earthquake disaster preparedness to Nursing students Universitas Indonesia. The design of this study used descriptive correlative with purposive sampling technique and the number of respondents was 198 female students with the inclusion criteria female student faculty of nursing Universitas Indonesia from 2015-2017 with ages 17-21 years and had experienced an earthquake, the questionnaire used was demographic data, questionnaire Ryff Psychological Well Being (validity 0.266-0.703, reliability 0.727 and earthquake disaster preparedness questionnaire (validity 0.361, reliability 0.948). Data analysis includes univariate and bivariate (chi square). This study has passed the ethical test (No.86/UN2.F12.D/HKP.02.04/2019). The results showed an average students have positive relations with other, autonomy, environmental mastery, personal growth, self-

acceptance, purpose of life and earthquake disaster preparedness at optimal or high levels. The results of statistical tests show that there is a significant relationship between psychological well being with bro, earthquake disaster preparedness ( $p = 0.015$ ) with the results of OR 4.517 means that high psychological well being will increase 4.5 times earthquake disaster preparedness higher than low psychological well being. This research is expected to be the basis for the development of female mental health promotion programs in maintaining and improving psychological well being and earthquake disaster preparedness.</p>