

# Pengaruh Pandemi COVID-19 Terhadap Gangguan Cemas Pada Pekerja Rumah Sakit di Rumah Sakit X Balikpapan = The Effect of COVID-19 Pandemic on Anxiety Disorders Among Workers in a Hospital in Balikpapan, East Kalimantan

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## Abstrak

**Pendahuluan :** Saat pandemi COVID-19 berlangsung secara global, petugas kesehatan menunjukkan tingkat prevalensi gangguan cemas yang lebih tinggi dibandingkan petugas non-kesehatan. Gangguan cemas yang menetap dapat menjadi gangguan cemas menyeluruh, dan yang mengalami gangguan cemas menyeluruh memiliki potensi sebesar 25% untuk menjadi gangguan depresi berat.

**Tujuan :** Penelitian ini dilakukan untuk mengetahui kondisi gangguan cemas serta faktor risiko yang berhubungan pada pekerja di Rumah Sakit X Balikpapan selama pandemi COVID-19 berlangsung.

**Metode :** Desain penelitian merupakan studi analisis deskriptif analitik dengan menggunakan desain potong lintang yang melibatkan 279 responden pekerja Rumah Sakit X di Indonesia. Penelitian menggunakan SPSS versi 20.0, dengan uji tes chi<sup>2</sup> dan Fisher's Exact test, untuk uji bivariat, dan uji regresi logistik dengan metode enter untuk analisis multivariat.

**Hasil :** Didapatkan hasil skoring dari GAD-7 bahwa 87.5% tidak memiliki gangguan cemas, 10.8% gangguna cemas ringan, 1.4% gangguan cemas sedang dan 0.4% gangguan cemas berat pada pekerja di RSX. Ditemukan pengaruh yang signifikan terhadap prevalensi gangguan cemas pada pekerja kesehatan  $p=0.001$  dan aOR 4.8 (1.9-12.3), yang berada di area risiko tinggi transmisi COVID-19  $p=0.04$  dan aOR 5.1 (1.0-24.2), dan pekerja yang dikarantina  $p=0.001$  dan aOR 10.5 (2.6-42.3) setelah memperhitungkan variabel usia dan jenis kelamin.

## Kesimpulan :

Terdapat hubungan yang bermakna terhadap risiko terjadinya gangguan cemas pada pekerja Rumah Sakit X Balikpapan dengan faktor risiko jenis pekerjaan merupakan tenaga kesehatan, berada di area kerja dengan risiko transmisi COVID-19 tinggi, dan pekerja yang dikarantina karena merawat pasien COVID-19.

.....Introduction: During the global COVID-19 pandemic, health workers were found to have a higher prevalence of anxiety disorder compared to non-health worker. Anxiety disorder that occur chronically have a 25% chance to become a major depression disorder.

Objective: The aim of this study is to understand the anxiety condition and risk factors that are related, among Balikpapan Hospital X workers during the COVID-19 pandemic.

Method: The design of this research used a cross sectional method that involved 279 respondents who are Balikpapan Hospital X workers. The study used SPSS version 20.0, using the chi square and Fisher's Exact test for the bivariat analysis, and the logistic regression with enter method for the multivariate analysis.

Result: The study shows that, using the GAD-7 (General Anxiety Disorder) questionnaire from 279 hospital workers, there were 10.8% with mild-, 1.45% with moderate-, and 0.4% with severe anxiety disorder. A significant relation was found between anxiety disorder and risk factors such as: being a health worker with  $p=0.001$  and a 4.8 ORadj (95% C.I: 1.9-12.3), working in high risk of transmitting COVID-19 area with  $p=0.04$  and a 5.1 ORadj (95% C.I.: 1.0-24.2), and workers who are being quarantined with  $p=0.001$  a 10.5

ORadj (2.6-42.3) after being adjusted by age and gender variables.

Conclusion: Significant relations were found between anxiety disorder among Hospital X workers with risk factors such as: health workers, working in high risk of transmitting COVID-19 area, and workers that are being quarantined. Researcher strongly advice health providers to do regular monitoring and seek moral support especially for workers who have higher risk of anxiety disorder