

# Gambaran kekhawatiran dampak COVID-19, resilient coping, dan kepuasan hidup berdasarkan status demografi pada masyarakat usia dewasa di Indonesia selama pandemi COVID-19 = The overview of worry about COVID-19 implication, resilient coping , and life satisfaction based on demographic status among Indonesian adults during COVID-19 pandemic

Novianita Ayu Pramestuti, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20518065&lokasi=lokal>

---

## Abstrak

Penelitian ini bertujuan melihat perbedaan kekhawatiran dampak COVID-19, resilient coping, dan kepuasan hidup selama pandemi COVID-19 antar kelompok berdasarkan usia, jenis kelamin, pekerjaan, dan status pernikahan, serta untuk menguji pengaruh kekhawatiran dampak COVID-19 dan resilient coping terhadap kepuasan hidup. Partisipan adalah penduduk Indonesia berumur 18 tahun (N=1619). Hasil penelitian menunjukkan bahwa secara umum skor kekhawatiran dampak COVID-19 dan resilient coping berada di atas rata-rata, sementara skor kepuasan hidup berada di bawah rata-rata. Kelompok yang memiliki kesehatan mental paling rentan adalah kelompok usia 18-30 tahun, perempuan, kelompok tidak bekerja, dan kelompok tidak menikah. Kekhawatiran dampak COVID-19 dan resilient coping berbeda secara signifikan antar kelompok demografi. Akan tetapi kepuasan hidup tidak berbeda signifikan antara perempuan dan laki-laki. Kekhawatiran dampak COVID-19 dan resilient coping berpengaruh signifikan terhadap kepuasan hidup. Hal ini mengindikasikan bahwa kekhawatiran dampak COVID-19 dapat menjadi faktor resiko terhadap kepuasan hidup, sementara resilient coping dapat berperan sebagai faktor protektif.

.....This study aims to look at the differences in worries about the impact of COVID-19, resilient coping, and life satisfaction during the COVID-19 pandemic between groups based on age, gender, occupation, and marital status, as well as to test the impact of COVID-19 and resilient coping on life satisfaction.

Participants were Indonesians aged 18 years old (N=1619). The results showed that in general, the worry about the impact of COVID-19 and resilient coping score were above average, while life satisfaction score was below average. The groups that have the most vulnerable mental health are the 18-30 age group, women, the unemployed group, and the unmarried group. Worries about the impact of COVID-19 and resilient coping differ significantly among demographic groups. However, life satisfaction does not differ significantly between women and men. Worries about the impact of COVID-19 and resilient coping have a significant impact on life satisfaction. This indicates that worries about the impact of COVID-19 can be a risk factor for life satisfaction, while resilient coping can contribute as a protective factor.