

Hubungan antara rasa takut terhadap covid-19 dengan perilaku sehat selama pandemi covid-19 = Relationship between covid-19 fear with health behavior during covid-19 pandemic

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Abstrak

Penelitian sebelumnya telah menemukan bahwa rasa takut terhadap COVID-19 memiliki hubungan dengan perilaku sehat, perbedaan jumlah infeksi, kepercayaan terhadap adanya COVID-19, dan faktor-faktor penentu perilaku sehat di setiap negara membuat penelitian ini perlu dilakukan di Indonesia. Perilaku sehat merupakan salah satu respon adaptif dalam menghadapi rasa takut terhadap COVID-19. Munculnya rasa takut seharusnya dapat membuat individu menerapkan perilaku sehat selama masa pandemi. Penelitian ini bertujuan untuk melihat apakah terdapat hubungan antara rasa takut terhadap COVID-19 dengan perilaku sehat di Indonesia. Desain yang digunakan dalam penelitian ini adalah non-eksperimental dan cross-sectional. Patisipan penelitian berjumlah 213 yang berusia antara 18-59 tahun (79,3% perempuan; Usia = 23,5, SD = 8,17), serta merupakan warga negara Indonesia. Rasa takut terhadap COVID-19 di ukur menggunakan MAC-RF (Multidimensional Assessment of COVID-19–Related Fears), dan perilaku sehat di ukur dengan PHBS Positive Health Behavior Scale). Berdasarkan hasil analisis statistic ditemukan bahwa tidak ada hubungan antara rasa takut terhadap COVID-19 dengan perilaku sehat ($r(213) = 0,10$, $p = 0,11$). Dimana semakin tinggi rasa takut terhadap COVID-19 tidak dapat menjamin bahwa individu akan menerapkan perilaku sehat selama pandemi. Faktor jenis kelamin, penyakit, vaksinasi, dan pendidikan tidak memiliki perbedaan yang signifikan dalam rasa takut terhadap COVID-19 dan perilaku sehat.

.....Previous research has found that fear of COVID-19 has a relationship with healthy behavior, differences in the number of infections, trust in the presence of Covid-19, and the determinants of healthy behavior in each country make this research need to be done in Indonesia. Healthy behavior is one of the adaptive responses in dealing with the fear of COVID-19. The emergence of fear should be able to make individuals adopt healthy behaviors during a pandemic. This study aims to see whether there is a relationship between fear of COVID-19 with healthy behavior. The design used in this study was non-experimental and cross-sectional. The study participants were 213 aged between 18-59 years (79.3% female; Mage = 23.5, SD = 8.17) and were Indonesian citizens. COVID-19 fear was measured using MAC-RF (Multidimensional Assessment of COVID-19–Related Fears), and healthy behavior was measured using the PHBS (Positive Health Behavior Scale). Based on the results of statistical analysis, it was found that there was no relationship between fear of COVID-19 with healthy behavior ($r(213) = 0.10$, $p = 0.11$). Where the higher the fear of COVID-19, it cannot guarantee that individuals will adopt healthy behaviors during the pandemic. Gender, disease, vaccination, and education did not have a significant difference in fear of COVID-19 and healthy behavior.