

Risiko distress psikologis pada dokter spesialis paru dan peserta Program Pendidikan Dokter Spesialis (PPDS) paru serta faktor-faktor yang memengaruhi saat pandemi COVID-19 di Jakarta = Risk of psychological distress in pulmonologist and pulmonology resident and associated factors in COVID-19 pandemic in Jakarta

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Abstrak

Latar Belakang: Pandemi Corona Virus Disease 2019 (COVID-19) di Indonesia mengakibatkan masalah psikologis, termasuk kecemasan, depresi dan distress psikologis pada tenaga kesehatan khususnya dokter spesialis paru dan peserta Pendidikan Program Dokter Spesialis (PPDS) paru. Tujuan dari penelitian ini adalah untuk mengetahui prevalens, derajat risiko distress dan faktor-faktor yang memengaruhi derajat risiko distress psikologis pada dokter spesialis paru dan PPDS paru di Jakarta.

Metode: Peneliti menggunakan metode studi deskriptif potong lintang terhadap dokter spesialis paru dan PPDS paru di Jakarta, Indonesia secara consecutive sampling pada bulan Mei 2020. Peneliti menggunakan alat ukur yaitu Distress Thermometer (DT) dan problem list yang telah divalidasi secara transkultural dan pengisiannya dilakukan mandiri oleh subjek secara daring.

Hasil: Sebanyak 134 subjek yang masuk dalam penelitian ini diantaranya 81 orang peserta PPDS paru dan 53 orang dokter spesialis paru dengan dominasi subjek perempuan sebanyak 66,4%, rerata usia 38,36 ($\pm 9,54$) tahun dan rerata lama pengalaman kerja adalah 3 (1-27) tahun. Seluruh subjek memiliki risiko distress psikologis dengan perbandingannya berturut-turut pada kelompok PPDS adalah ringan, sedang, berat (44,4%, 50,6%, 4,9%) dan pada dokter spesialis paru (47,2%, 45,3%, 7,5%). Pada analisis subgroup ditemukan bahwa kelompok dokter spesialis paru lebih banyak mengalami masalah yang memengaruhi risiko distress psikologis dibandingkan kelompok PPDS. Pada kelompok dokter spesialis paru ditemukan masalah-masalah yang memengaruhi tingkat risiko distress diantaranya adalah usia (56,0%, $p=0,003$), masalah mengasuh anak (50,0%, $p=0,037$), mengurus rumah (45,5%, $p=0,040$), masalah dengan kerabat (75,0%, $p=0,035$), depresi (100%, $p=0,011$), ketakutan (50,0%, $p=0,040$), gugup (100%, $p=0,011$), sedih (41,7%, $p=0,010$), hilang minat pada aktivitas rutin (50,0%, $p=0,005$), diare (100%, $p=0,011$), kelelahan (62,5%, $p=0,037$), demam (66,7%, $p=0,011$), gangguan pencernaan (50,0%, $p=0,008$), gangguan konsentrasi (37,5%, $p=0,033$), mual (42,9%, $p=0,008$), hidung kering (60%, $p=0,001$), kulit kering dan gatal (50,0%, $p=0,004$), gangguan tidur (72,7%, $p=0,004$) serta kesemutan (57,1%, $p=0,024$). Faktor-faktor yang memengaruhi tingkat risiko distress pada PPDS paru diantaranya adalah depresi (80,0%, $p=0,040$), ketakutan (68,4%, $p<0,001$), gugup (62,5%, $p=0,031$) dan kelelahan (70,8%, $p=0,023$).

Kesimpulan: Prevalens risiko distress psikologis pada dokter spesialis paru dan PPDS paru saat pandemi COVID-19 di Jakarta tinggi. Faktor-faktor yang memengaruhi tingkat risiko distress pada dokter spesialis paru diantaranya adalah usia, masalah teknis, keluarga, emosional dan fisis, sedangkan pada PPDS paru diantaranya adalah masalah emosional dan fisis.

.....Background: Corona Virus Disease 2019 (COVID-19) pandemic in Indonesia causes psychological problems, including anxiety, depression and psychological distress in health workers, especially pulmonologist and pulmonology resident. The purpose of this study was to find out the prevalence, distress

levels and factors that affect the risk psychological distress of pulmonologist and pulmonology resident in Jakarta.

Methods: Researchers used a descriptive study cross-sectional method on pulmonologist and pulmonology resident in Jakarta, Indonesia using consecutive sampling in May 2020. We used Distress Thermometer as a measurement tools and problem list that was transculturally validated and filled out online and independently by subjects.

Results: A total of 134 subjects were included in this study including 81 pulmonology residents and 53 pulmonologists dominated by women (66.4%), mean age 38.36 (\pm 9.54) years and median length of work was 3 (1-27) years. All subjects had a risk of psychological distress with the ratios in resident group are mild, moderate, severe (44.4%, 50.6%, 4.9%) and pulmonologist (47.2%, 45.3%, 7.5%). In subgroup analysis, it was found that the pulmonologist group experienced more problems that affect the risk of psychological distress than the resident group. In the pulmonologist group, problems that associated with the level of distress risk are age (56.0%, $p=0.003$), parenting problems (50.0%, $p=0.037$), house problem (45.5%, $p=0.040$), problems with relatives (75.0%, $p=0.035$), depression (100%, $p=0.011$), fear (50.0%, $p=0.040$), nervous (100%, $p=0.011$), sadness (41.7%, $p=0.010$), loss of interest in routine activities (50.0%, $p=0.005$), diarrhea (100%, $p=0.011$), fatigue (62.5%, $p=0.037$), fever (66.7%, $p=0.011$), indigestion (50.0%, $p=0.008$), concentration (37.5%, $p=0.033$), nausea (42.9%, $p=0.008$), nasal dry (60%, $p=0.001$), dry and itchy skin (50.0%, $p=0.004$), sleep (72.7%, $p=0.004$) and tingling (57.1%, $p=0.024$). Factors that associated with the level of distress risk in residents are depression (80.0%, $p=0.040$), fear (68.4%, $p<0.001$), nervousness (62.5%, $p=0.031$) and fatigue (70.8%, $p=0.023$).

Conclusion: Prevalens psychological distress risk in pulmonologist and pulmonology resident during the COVID-19 pandemic in Jakarta is high. Factors that associated with the level of psychological distress risk in pulmonologist are age, technical, family, emotional and physical problems. Factors that associated with the level of psychological distress risk in pulmonology resident are emotional and physical problems.