

# Hubungan Kesepian selama Pandemi Covid-19 dengan Psychological Distress pada Mahasiswa = Relationship of Loneliness during Covid-19 Pandemic with Psychological Distress in College Students

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## Abstrak

Penutupan institusi pendidikan sebagai salah satu langkah penerapan kebijakan pembatasan sosial berskala besar, menyebabkan mahasiswa berisiko mengalami kesepian. Kesepian yang terjadi pada mahasiswa dapat berdampak pada kesehatan mental mahasiswa, salah satunya berisiko mengalami psychological distress. Penelitian ini bertujuan untuk mengetahui hubungan kesepian selama pandemi Covid-19 dengan psychological distress pada mahasiswa. Penelitian kuantitatif dengan desain deskriptif-korelasi dan teknik potong lintang melibatkan 591 mahasiswa, didapatkan melalui teknik virtual network sampling. Hasil analisis bivariat dengan uji kai kuadrat didapatkan ada hubungan antara kesepian selama pandemi Covid-19 dengan psychological distress ( $p=0,000$ ). Penelitian ini membantu pelayanan, penelitian, dan pendidikan keperawatan terkait kesepian dan psychological distress. Peningkatan concern dan awareness perawat terhadap fenomena kesepian dan stresor lainnya yang dapat mengancam kesejahteraan psikologis mahasiswa direkomendasikan.

.....The closure of educational institutions as one of the steps in implementing large-scale social restriction puts college students at risk of experiencing loneliness. Loneliness can dangerously affects students' mental health, one of negative mental health risk caused by loneliness is psychological distress. This study aims to determine the relationship of loneliness during Covid-19 pandemic and psychological distress in college students. Quantitative research with descriptive-correlation design and cross-sectional technique involving 591 students, obtained through virtual network sampling technique. The result of the bivariate analysis with the Chi-square test found a relationship between loneliness during Covid-19 pandemic and psychological distress ( $p=0,000$ ). This research supports the development of nursing services, research, and education related to loneliness and psychological distress. It is recommended to increase nurses' concern and awareness of the phenomenon of loneliness and other stressors that can affect students' psychological well-being.