

## Faktor-faktor yang berhubungan dengan resiliensi pada penyintas COVID-19 di DKI Jakarta = Factors associated with resilience to COVID-19 survivors in DKI Jakarta

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### Abstrak

Penyintas COVID-19 menghadapi long COVID-19 dan stigma sosial, merupakan kelompok yang menghadapi tantangan besar secara fisik maupun psikologis. Resiliensi atau kemampuan untuk bangkit kembali dari kesulitan atau trauma merupakan faktor penting yang diperlukan penyintas COVID-19 untuk bangkit kembali akibat Pandemi COVID-19. DKI Jakarta sebagai titik episentrum pandemi COVID-19, dianggap sebagai Provinsi yang terkena dampak paling besar dari COVID-19. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan resiliensi pada penyintas COVID-19 di DKI Jakarta. Desain penelitian yang digunakan berupa cross-sectional, dengan jumlah sampel 150 penyintas COVID-19 di DKI Jakarta, yang diambil menggunakan teknik purposive sampling. Instrumen yang digunakan yaitu Daily Spiritual Experience Scale (DSES), General Self-Efficacy Scale (GSE), Multidimensional Scale of Perceived Social Support (MSPSS), dan Brief Resilience Scale (BRS). Hasil Penelitian menunjukkan bahwa terdapat hubungan antara faktor tingkat pendidikan, spiritualitas, self-efficacy, dan dukungan sosial terhadap resiliensi Penyintas COVID-19. Penelitian lebih lanjut terkait resiliensi pada penyintas COVID-19 tanpa gejala disarankan.

.....COVID-19 survivors face the long COVID-19 and social stigma, are a group that faces great challenges physically and psychologically. Resilience or the ability to bounce back from adversity or trauma is an important factor needed by COVID19 survivors to bounce back from the COVID-19 Pandemic. DKI Jakarta, as the epicenter point of the COVID-19 pandemic, is considered the province most affected by COVID-19. This study aims to determine the factors associated with resilience to COVID-19 survivors in DKI Jakarta. The research design used was cross-sectional, with a total sample of 150 COVID-19 survivors in DKI Jakarta, which were taken using the purposive sampling technique. The instrumens used are the Daily Spiritual Experience Scale (DSES), General Self-Efficacy Scale (GSE), Multidimensional Scale of Perceived Social Support (MSPSS), and Brief Resilience Scale (BRS). The results showed that there was a relationship between education level, spirituality, self-efficacy, and social support factors on the resilience of COVID-19 survivors. Further research on resilience in asymptomatic COVID-19 survivors is recommended.