

# Hubungan Faktor Pekerjaan Dan Faktor-Faktor Lain Dengan Risiko Depresi Menggunakan PHQ-9 Selama Pandemi Covid-19 Pada Pekerja Di RS. C. = Relationship Of Occupational Factors And Other Factors With Risk Of Depression Using PHQ-9 During The Covid-19 Pandemic On Workers In Hospital. C.

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## Abstrak

Latar Belakang. Penelitian ini bertujuan untuk mengetahui hubungan antara faktor pekerjaan dan faktor lain dengan risiko depresi pada masa pandemi Covid-19 pada pekerja di Rumah Sakit.C. Metode. Penelitian ini merupakan penelitian analisis potong lintang dengan menggunakan data sekunder pada 669 pekerja di rumah sakit C. Variabel demografi dan variabel terkait pekerjaan dikumpulkan dari Unit Sumber Daya Manusia (SDM) dan Unit Komite Keselamatan dan Kesehatan Kerja (K3RS) Rumah Sakit C. Risiko depresi diukur dengan menggunakan Kuesioner Kesehatan Pasien (PHQ-9) dan stres kerja dinilai dengan Survey Diagnostic Stress (SDS). Analisis data menggunakan SPSS Statistics versi 24.0. Hasil. Prevalensi risiko depresi pada pekerja di RS. C adalah 15,1%. Analisis regresi logistik multivariat menunjukkan bahwa stresor konflik peran (OR 3,68, 95% CI = 1,69 – 8,01) merupakan faktor risiko yang paling dominan terkait depresi daripada stresor beban kerja kuantitatif dan stresor pengembangan karir. Kesimpulan. Prevalensi depresi yang tinggi ditemukan pada pekerja di rumah sakit C selama wabah COVID-19. Memperhatikan konflik peran pekerjaan di tempat kerja akan berguna untuk mengurangi risiko depresi. Pemeriksaan dan penyuluhan kesehatan jiwa secara berkala harus dilakukan bersamaan dengan pemeriksaan kesehatan berkala

.....Background. This study aims to determine the relationship between occupational factors and other factors with the risk of depression during the Covid-19 pandemic among workers at Hospital.C. Method. This study is a cross-sectional analysis study using secondary data including 669 workers at the hospital C. Demographic variables and work-related variables were collected from the Human Resources Unit (HR) and the Occupational Safety and Health Committee Unit (K3RS) of Hospital C. Their risk of depression was measured using Patient Health Questionnaire (PHQ-9) and occupational stress assessed by the Survey Diagnostic Stress (SDS). Data analysis using SPSS Statistics version 24.0. Results. Prevalence of depression risk among workers in Hospital. C is 15.1%. Multivariate logistic regression analyses show that role conflict stressors ( OR 3.68, 95% CI = 1.69 – 8.01) were more important risk factor for depression than quantitative workload stressor and career development stressor. Conclusion. A high prevalence of depression was found among workers in hospital C during the COVID-19 outbreak. Paying attention to job role conflict at the workplace will be useful for decreasing the risk of depression. Regular mental health checks and counseling should be performed along with periodic health checks.