

# Hubungan Tingkat Aktivitas Fisik dengan Kesehatan Mental pada Petugas Layanan Kesehatan di Masa Pandemi Covid-19 = Association between Physical Activity Level and Mental Health among Healthcare Workers During the Covid-19 Pandemic

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## Abstrak

Pandemi COVID-19 berdampak buruk terhadap kesehatan fisik dan mental. Hal ini disebabkan karena semakin menurunnya tingkat aktivitas fisik masyarakat selama pandemi berlangsung. Rendahnya tingkat aktivitas fisik juga berpengaruh terhadap kesehatan mental seseorang. Tidak terkecuali pada petugas layanan kesehatan yang memiliki risiko untuk terpapar COVID-19 lebih tinggi. Tujuan penelitian ini adalah mengetahui gambaran tingkat aktivitas fisik dan kesehatan mental (depresi, ansietas, stres) pada petugas layanan kesehatan di masa pandemi COVID-19. Metode: Penelitian potong lintang dengan menggunakan data primer. Pengambilan data di bulan Mei-Juni 2022 dan melalui metode kuesioner hybrid (daring dan luring). Aktivitas fisik dinilai dengan GPAQ (Global Physical Activity Questionnaire) dan kesehatan mental dengan DASS-21 (Depression, Anxiety, Stress Scale-21). Hasil: Terdapat sebanyak 107 subjek yang ikut kedalam penelitian ini. Tingkat aktivitas fisik kurang didapatkan pada 55,1% petugas layanan kesehatan. Gejala kesehatan mental pada petugas layanan kesehatan didapatkan sebesar 23,4% untuk depresi, 31,8% untuk ansietas, dan 22,4% untuk stres. Dilakukan analisis bivariat untuk hubungan tingkat aktivitas fisik dengan depresi (PR = 0,881 (0,444-1,750);  $p>0,05$ ), ansietas (PR = 0,915 (0,525-1,595);  $p>0,05$ ), dan stres (PR = 0,961 (0,474-1,949);  $p>0,05$ ). Kesimpulan: Tidak ditemukan hubungan yang bermakna antara tingkat aktivitas fisik dengan tingkat depresi, ansietas, dan stres. Kata Kunci: aktivitas fisik; ansietas; depresi; kesehatan mental; petugas layanan kesehatan; stres.

.....The COVID-19 pandemic has devastating impact both on physical and mental health. This is due to decreasing level of physical activity among people during the pandemic. Low level of physical activity also affect a person's mental health. Healthcare workers are no exception, who might have higher risk of being exposed to COVID-19. The purpose of this study was to describe the level of physical activity and mental health (depression, anxiety, stress) among healthcare workers during the COVID-19 pandemic. Methods: Cross-sectional study using primary data. Data collection was conducted in May-June 2022 and using questionnaire delivered through hybrid method (online and offline). Physical activity was assessed by GPAQ (Global Physical Activity Questionnaire) and mental health by DASS-21 (Depression, Anxiety, Stress Scale-21). Results: There were 107 subjects who participated in this study. Inadequate levels of physical activity were found in 55.1% of health care workers. Mental health symptoms among healthcare workers was 23.4% for depression, 31.8% for anxiety, and 22.4% for stress. Bivariate analysis was conducted for the association between levels of physical activity and depression (PR = 0.881 (0.444-1.750);  $p>0.05$ ), anxiety (PR = 0.915 (0.525-1.595);  $p>0.05$ ), and stress (PR = 0.961 (0.474-1.949);  $p>0.05$ ). Conclusion: There was no significant association between the level of physical activity and the level of depression, anxiety, and stress.