

Hubungan Masalah Kesehatan Mental dan Perceived Social Support selama Pandemi Covid-19 pada Individu Emerging Adulthood = Relationship between Mental Health Problems and Perceived Social Support during the Covid-19 Pandemic in Emerging Adults

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Abstrak

Perubahan rutinitas dan pembatasan interaksi sosial yang terjadi selama pandemi Covid-19 turut memperburuk kesehatan mental seseorang (Kudinova et al., 2021). Perceived social support dapat melindungi seseorang dari masalah kesehatan mental. Penelitian ini bertujuan untuk mencari tahu hubungan kedua variabel selama pandemi Covid-19 pada individu emerging adulthood yang berusia 18-25 tahun dan merupakan Warga Negara Indonesia yang tinggal di Indonesia. Menggunakan metode korelasional, hasil penelitian menunjukkan bahwa secara keseluruhan masalah kesehatan mental memiliki korelasi negatif yang signifikan dengan perceived social support $r(249) = -.417$ $p < .001$, dimana tiap sumber dan kombinasi perceived social support yang tinggi dapat menurunkan tingkat masalah kesehatan mental individu emerging adulthood selama pandemi Covid-19.

.....Changes in routine and restrictions on social interaction that occurred during the Covid-19 pandemic also worsened a person's mental health (Kudinova et al., 2021). Perceived social support can protect a person from mental health problems. The aim of this study is to find out the relationship between the two variables during the Covid-19 pandemic in emerging adulthood who are 18-25 years old and are Indonesian citizens living in Indonesia. Using the correlation method, the results showed that mental health problems had a significant negative correlation with perceived social support $r(249) = -.417$ $p < .001$, where each source and combination of perceived social support could reduce the level of mental health problems.