

# Analisis Psychological Distress pada Dokter Gigi yang Berpraktik di DKI Jakarta selama Masa Pandemi COVID-19 = Analysis of Psychological Distress Among Dentists Practicing in DKI Jakarta During the COVID-19 Pandemic

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## Abstrak

Latar Belakang: Selama pandemi COVID-19 dokter gigi merupakan salah satu tenaga medis yang memiliki risiko tinggi tertular akibat pekerjaannya. Selain itu, tekanan yang cukup besar selama pandemi ini berdampak pada masalah kesehatan mental dokter gigi salah satunya psychological distress. Tujuan: Untuk memperoleh informasi mengenai psychological distress dokter gigi serta mengetahui perbedaan psychological distress berdasarkan berbagai karakteristik. Metode: Studi cross-sectional berupa kuesioner daring kepada dokter gigi di wilayah DKI Jakarta pada bulan Oktober hingga Desember 2021. Dilakukan uji bivariat dengan uji Fisher's Exact Test dan Continuity Correction. Hasil: 14,7% dokter gigi mengalami psychological distress selama pandemi COVID-19. Mayoritas dokter gigi menunjukkan ketakutan terpapar COVID-19 selama berpraktik, memiliki cukup pengetahuan mengenai COVID-19, efikasi diri yang rendah, serta subjective overload yang rendah. Terdapat perbedaan proporsi yang bermakna ( $p < 0,05$ ) psychological distress berdasarkan usia, status pernikahan, kecukupan pengetahuan mengenai COVID-19, dan subjective overload. Kesimpulan: Terdapat dokter gigi di DKI Jakarta yang mengalami psychological distress selama masa pandemi COVID-19.

.....Background: During the COVID-19 pandemic, dentists are one of the medical personnel with a high risk of contracting the disease due to their work. In addition, the considerable pressure during this pandemic impact the dentist's mental health problem one of them is psychological distress. Objective: To obtain information about the dentists' psychological distress and to determine the differences in psychological distress based on various characteristic Methods: A cross-sectional study was conducted using an online questionnaire to dentists in DKI Jakarta from October to December 2021. A bivariate test was performed using the Fisher's Exact Test and Continuity Correction. Results: 14.7% of dentists experienced psychological stress during the COVID-19 pandemic. Most dentist showed fear of being exposed to COVID-19 during dental practice, had sufficient knowledge about COVID-19, low self-efficacy, and subjective overload. There is a significant difference in the proportion ( $p$ -value  $< 0.05$ ) of psychological distress based on age, marital status, knowledge about COVID-19, and subjective overload. Conclusion: There are dentists in DKI Jakarta who experience psychological distress during the COVID-19 pandemic.