

# Peranan Dukungan Sosial terhadap Kebahagiaan Psikologis pada Saat Masa Isolasi Pasien Covid-19. = The Role of Social Support to Psychological Well Being During the Isolation Period of Covid-19 Patients

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## Abstrak

Pasien yang diisolasi Covid-19 tidak dapat berinteraksi dan terpaksa dipisahkan dari lingkungannya. Keadaan ini tentu akan berdampak terhadap kebahagiaan psikologisnya, padahal kebahagiaan psikologis merupakan faktor yang penting dalam penyembuhan pasien Covid-19. Dalam penelitian ini ingin diketahui lebih lanjut bagaimana peranan dukungan sosial terhadap kebahagiaan psikologis pada saat pasien isolasi Covid-19, dan juga dukungan sosial apa yang signifikan berperan terhadap kebahagiaan psikologis. Alat ukur yang digunakan untuk mengukur dukungan sosial adalah Multidimensional Scale of Perceived Social Support dan kebahagiaan psikologis dengan Ryff's Psychological Well Being Scale. Partisipan pada penelitian ini adalah individu yang sedang diisolasi maupun penyintas Covid-19 dengan total partisipan 84 orang. Teknik analisis data yang digunakan adalah regresi linear sederhana. Dari hasil penelitian diketahui adanya peran yang signifikan dari dukungan sosial terhadap kebahagiaan psikologis pada pasien disaat masa isolasi Covid-19 ( $r = 0.442$ ,  $n = 84$ ,  $R^2 = 0.185$ ,  $p < .05$ ), dan baik dukungan keluarga, teman, maupun 'orang yang spesial' berperan secara signifikan. Juga diketahui bahwa dukungan orang spesial (tetangga) diketahui paling besar perannya pada kebahagiaan psikologis.

.....Patients isolated from Covid-19 cannot interact and are forced to be separated from their social environment. This situation will certainly have an impact on his psychological well being, even though psychological well being is an important factor in healing Covid-19 patients. In this study, we want to find out more about the role of social support on psychological well being when patients are isolated from Covid-19, and also what social support has a significant role in psychological well being. The measuring instrument used to measure social support is the Multidimensional Perceived Social Support Scale and psychological well being with the Ryff Psychological Well-being Scale. Participants in this study were individuals who were isolated and survivors of Covid-19 with a total of 84 participants. The data analysis technique used is simple linear regression. From the results of the study, it is known that there is a role in social support for psychological well being during the Covid-19 isolation condition ( $r = 0.442$ ,  $n = 84$ ,  $R^2 = 0.185$ ,  $p < .05$ ), and both support from family, friends, and significant other plays a significant role. It is also known that the support of significant others (neighbors) is known to have the greatest role in psychological well being.