

# Mekanisme Koping dalam Menghadapi Masalah Kesehatan karena Perubahan Pola Tidur dan Pola Makan: Studi Kasus Individu yang Melakukan Work from Home = Coping Mechanism in Dealing with Health Problems Due to Changes in Sleeping and Diet Pattern: A Case Study of Individual Who Work from Home

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## Abstrak

Pandemi Covid-19 telah memaksa masyarakat di seluruh dunia melakukan isolasi sosial sehingga mempengaruhi kehidupan mereka sehari-hari. Work from home (WFH) menjadi salah satu regulasi covid-19 yang diterapkan di Indonesia dan merubah kehidupan pekerjaan dan kehidupan rumah tangga secara besar-besaran. Fokus penelitian ini adalah membahas mekanisme koping individu yang mengalami masalah kesehatan karena perubahan pola makan dan pola tidur selama WFH. Penelitian ini akan membahas perubahan gaya hidup (pola tidur dan pola makan) dan masalah kesehatan selama WFH. Penelitian ini juga akan membahas mekanisme koping dalam menghadapi masalah tersebut dengan menggunakan teori Lazarus dan Folkman. Penelitian ini dilakukan dalam waktu Maret 2020 hingga Agustus 2021 melalui beberapa tahap seperti preliminary research, observasi akun twitter dan wawancara yang melibatkan informan yang sedang melakukan WFH. Hasil penelitian memperlihatkan bahwa WFH mengubah pola tidur dan pola makan informan yang menimbulkan masalah kesehatan informan seperti stres, insomnia, dan bertambah berat badan. Dalam menghadapi masalah kesehatan tersebut, para informan melakukan berbagai upaya yang efektif bagi mereka termasuk dalam bentuk koping yang berfokus pada masalah dan koping yang berfokus pada emosi, antara lain : positive reappraisal, seeking social support, accepting responsibility, dan planful problem solving. Latar belakang keluarga dan kondisi rumah tangga pada saat WFH mempengaruhi upaya yang dilakukan untuk mengatasi masalah kesehatan.

.....The Covid-19 pandemic has forced people around the world to carry out social isolation so that it affects their daily lives. Work from home (WFH) is one of the Covid-19 regulations implemented in Indonesia and has changed work life and household life on a large scale. The focus of this study is to discuss the coping mechanisms of individuals who experience health problems due to changes in eating and sleeping patterns during WFH. This study will discuss lifestyle changes (sleep and eating patterns) and health problems during WFH. This study will also discuss coping mechanisms in dealing with these problems using the theory of Lazarus and Folkman. This research was conducted from March 2020 to August 2021 through several stages such as preliminary research, observations on twitter accounts and interviews involving informants who were doing WFH. The results of the study explained that WFH changed the sleep patterns and eating patterns of the informants which caused the informants' health problems such as stress, insomnia, and weight gain. In dealing with these health problems, the informants made various efforts that were effective for them, including in the form of problem-focused and emotional-focused coping, including: positive reassessment, seeking social support, accepting responsibility, and problem solving. planned. Family background and household conditions at the time of WFH affect the efforts made to overcome health problems.