

Hubungan Trait Kepribadian Big Five dengan Masalah Kesehatan Mental pada Emerging Adulthood selama Pandemi Covid-19 di Indonesia = Relationship between Big Five Personality Traits and Mental Health Problems in Emerging Adults during the Covid-19 Pandemic

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Abstrak

Pandemi Covid-19 menyebabkan sejumlah perubahan di masyarakat. Perubahan tersebut dilakukan sebagai upaya untuk mencegah penyebaran virus Covid-19. Hal ini berpengaruh pada kesehatan mental emerging adulthood (18-25) di Indonesia (Kwong dkk., 2021). Penelitian ini bertujuan untuk meneliti hubungan setiap dimensi kepribadian Big Five dengan depresi, kecemasan, dan stress pada emerging adulthood (N = 233). Skala yang digunakan adalah Big Five Inventory (BFI) dan Depression, Anxiety, Stress, Scale-21 (DASS-21). Hasil penelitian menunjukkan bahwa hanya dimensi neuroticism yang berhubungan positif dengan depresi, kecemasan, dan stres ($r(233) = 0,535 - 0,704$). Dimensi extraversion, conscientiousness, dan agreeableness berhubungan negatif dengan depresi, kecemasan, dan stres. Namun, hanya openness yang memiliki hubungan tidak signifikan dengan depresi, kecemasan, dan stres.

.....The Covid-19 pandemic has caused a number of changes in society. These changes was conducted in order to prevent the spread of the Covid-19 virus. These matters have affected the mental health of emerging adulthood (18-25) in Indonesia. This study aims to examine the relationship of each Big Five personality dimension with depression, anxiety, and stress in emerging adulthood (N = 233) using the Big Five Inventory (BFI) and Depression, Anxiety, Stress, Scale- 21 (DASS-21). The results showed that neuroticism is the only dimension which is positively correlated with depression, anxiety, and stress ($r(233) = 0,535 - 0,704$). Extraversion, conscientiousness, and agreeableness were negatively correlated with depression, anxiety, and stress. However, only openness had no significant correlation with depression, anxiety, and stress.