

Perbedaan Tingkat Trauma dan Posttraumatic Growth pada Dewasa Muda yang Memiliki Stresor Terkait Pandemi Covid-19 = Difference in the Level of Trauma and Posttraumatic Growth in Young Adults who Have Stressors Related to Covid-19 Pandemic

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Abstrak

Pandemi Covid-19 dapat menyebabkan trauma pada masyarakat yang terdampak, baik akibat dari karantina, masalah finansial, kematian massal, ketakutan akan menularkan kepada orang lain, hingga terpapar virus Covid-19 itu sendiri. Penelitian ini bertujuan untuk melihat apakah terdapat perbedaan tingkat trauma dan posttraumatic growth yang signifikan di antara masyarakat dewasa muda yang memiliki jumlah stresor terkait pandemi Covid-19 yang berbeda. Partisipan dalam penelitian ini adalah 138 individu dewasa muda dengan rentang umur 20–40 tahun ($M = 24.47$, $SD = 4.52$). Trauma diukur dengan alat ukur Impact of Event Scale Revised (IES-R) dan posttraumatic growth diukur dengan alat ukur Posttraumatic Growth Inventory (PTGI). Hasil pengujian one-way ANOVA menunjukkan bahwa terdapat perbedaan tingkat trauma yang signifikan ($F(3, 134) = 3.028$, $p = 0.032$) dan tidak terdapat perbedaan tingkat posttraumatic growth ($F(3,134) = 1.256$, $p = 0.292$) antar partisipan dengan jumlah stresor terkait pandemi Covid-19 yang berbeda.

.....The Covid-19 pandemic can cause trauma to the people who are affected, be it because of the quarantine, financial problems, mass death, the fear of transmitting the virus to others, up to close encounter with the Covid-19 virus itself. This study aimed to see if there is any significant difference in the level of trauma and posttraumatic growth among young adults who had different amounts of Covid-19 related stressors. The participants in this study are 138 young adults aged 20–40 years old ($M = 24.47$, $SD = 4.52$). Trauma was measured with Impact of Event Scale Revised (IES-R) and posttraumatic growth was measured with Posttraumatic Growth Inventory (PTGI). One-way ANOVA analysis revealed that there is a significant difference in the level of trauma ($F(3, 134) = 3.028$, $p = 0.032$) and there is no significant difference in the level of posttraumatic growth ($F(3,134) = 1.256$, $p = 0.292$) between participants with different amounts of Covid-19 pandemic related stressors.