

Faktor-Faktor yang Mempengaruhi Gangguan Kesehatan Mental Tenaga Kesehatan Selama Pandemi COVID-19 di Asia: Literature Review = Factors Affecting Mental Health Disorders of Health Workers During the COVID-19 Pandemic in Asia: Literature Review

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Abstrak

Coronavirus Disease 2019 (COVID-19) resmi ditetapkan menjadi pandemi oleh WHO pada 11 Maret 2020 telah menyebabkan beban kesehatan yang besar secara global. Banyak negara yang sudah menerapkan protokol pencegahan, dan langkah-langkah untuk mengendalikan penyebaran virus corona ini, termasuk isolasi, memakai masker, menjaga jarak, dan mencuci tangan. Perubahan lingkungan yang diciptakan akibat pandemi COVID-19 dapat menimbulkan gangguan mental seperti kecemasan, depresi, insomnia, dan PTSD bagi tenaga kesehatan. Satu dari lima tenaga kesehatan mengalami depresi, kecemasan atau gangguan stres pasca trauma (PTSD) selama pandemi. Penelitian ini bertujuan untuk mengetahui gambaran serta faktor-faktor yang dapat mempengaruhi gangguan kesehatan mental tenaga kesehatan selama pandemi COVID-19 di Asia menggunakan metode literature review melalui database online ProQuest, PubMed, ScienceDirect, dan Google Scholar. Hasil pencarian didapatkan sebanyak 9 artikel, yang berasal dari Indonesia, Vietnam, China, dan Yordania. Hasil dari telaah Pustaka menunjukkan faktor yang mempengaruhi gangguan kesehatan mental tenaga kesehatan selama pandemi COVID-19 adalah Faktor biologis antara lain memiliki penyakit organik, jenis kelamin, dan usia. Faktor psikologis, antara lain merasa cemas dan sedih terhadap pekerjaan saat ini, berulang kali melihat berita terkait COVID-19, dan memiliki ketakutan akan terinfeksi atau menulari orang lain. Faktor sosial-budaya, antara lain adanya penolakan sosial, banyak dipengaruhi oleh masyarakat, dicurigai positif COVID-19, mengalami kesulitan keuangan, pekerjaan, dan pendidikan. Faktor lingkungan, antara lain bekerja di bangsal COVID-19, berisiko tinggi untuk terpapar, memiliki riwayat kontak dengan pasien COVID-19, lingkungan tempat tinggal, serta adanya hubungan yang buruk dengan pasangan maupun keluarga.

.....Coronavirus Disease 2019 (COVID-19) officially declared a pandemic by WHO on March 11, 2020 has caused a huge health burden globally. Many countries have implemented prevention protocols, and measures to control the spread of the coronavirus, including isolation, wearing masks, social distancing, and washing hands. Environmental changes caused by the COVID-19 pandemic can cause mental disorders such as anxiety, depression, insomnia, and PTSD for health workers. One in five health care workers experience depression, anxiety or post-traumatic stress disorder (PTSD) during this pandemic. This study aims to determine the description and factors that influence mental health disorders of health workers during the COVID-19 pandemic in Asia using the literature review method through the online databases ProQuest, PubMed, ScienceDirect, and Google Scholar. The search results obtained as many as 9 literatures from Indonesia, Vietnam, China, and Jordan. The results of the literature show that the factors that influence mental health disorders of health workers during the COVID-19 pandemic are biological factors, including having organic diseases, gender, and age. Psychological factors, including feeling anxious and sad about current job, repeatedly seeing news related to COVID-19, and having a fear of being infected or infecting others. Sociocultural factors, including social rejection, heavily influenced by the community, suspected of

being positive for COVID-19, experiencing financial difficulties, profession, and education. Environmental factors, including working in the COVID-19 ward, being at high risk for exposure, having a history of contact with COVID-19 patients, living environment, and having bad relationships with partners and family.