

Faktor-Faktor yang Berhubungan dengan Tingkat Distres pada Tenaga Kesehatan di Kabupaten Pandeglang Selama Pandemi Covid-19 = Factors Associated with Distress Levels among Health Workers in Pandeglang during the Covid-19 Pandemic

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Abstrak

Pandemi Covid-19 menjadi situasi yang menantang bagi tenaga kesehatan karena menempatkan mereka sebagai populasi berisiko tinggi untuk terinfeksi dan mendapatkan permasalahan terkait kondisi kerja yang berpengaruh terhadap tingkat distres. Tujuan penelitian ini ingin menganalisis faktor-faktor yang berhubungan dengan tingkat distres pada tenaga kesehatan di Kabupaten Pandeglang selama pandemi Covid-19. Penelitian ini menggunakan desain studi cross-sectional yang dilakukan pada Oktober-Desember 2021 secara daring. Populasi dalam penelitian ini adalah seluruh tenaga kesehatan di Kabupaten Pandeglang yang bekerja di Rumah Sakit, Puskesmas dan Klinik. Distres diukur menggunakan Pandemic-Related Perceived Stress Scale of COVID-19 (PSS-10-C). Data dianalisis menggunakan Chi-square dan regresi logistik ganda. Tenaga kesehatan memiliki tingkat distres rendah (30,49%) dan sedang (69,51%). Analisis regresi logistik ganda menunjukkan bahwa faktor dominan yang berhubungan dengan tingkat distres yaitu ketersediaan APD dan dukungan rekan kerja. Tenaga kesehatan di Kabupaten Pandeglang mengalami tingkat distres rendah dan sedang selama pandemi Covid-19. Pasokan APD yang memadai dan pembagian tugas yang jelas antar rekan kerja dibutuhkan untuk mencegah meningkatnya tingkat distres pada tenaga kesehatan selama pandemi Covid-19.

.....The Covid-19 pandemic has become a challenging situation for health workers because it places them as a population at high risk for infection and getting problems related to working conditions that affect the level of distress. This study aims to analyze the factors associated with the level of distress among health workers in Pandeglang during the Covid-19 pandemic. This study uses a cross-sectional study design that was conducted in October-December 2021. The population in this study were all health workers in Pandeglang who worked in hospitals, public health centers, and clinics. The distress level is measured using the Pandemic-Related Perceived Stress Scale of COVID-19 (PSS-10-C). Data are analyzed using Chi-square and multiple logistic regression. Health workers have low (30.49%) and moderate (69.51%) levels of distress. Multiple logistic regression analysis showed that the dominant factors associated with the level of distress are the availability of PPE and the support of colleagues. Health workers in Pandeglang experienced low and moderate levels of distress during the Covid-19 pandemic. An adequate supply of PPE and a clear division of tasks among co-workers are needed to prevent an increase in the level of distress for health workers during the Covid-19 pandemic.