

# Gambaran Tingkat Stres pada Tenaga Kesehatan dalam Menghadapi Masa Pandemi Covid-19 di UPTD Puskesmas Tanah Baru = Overview of Stress Levels for Health Workers in Facing the Covid-19 Pandemic Period at UPTD Puskesmas Tanah Baru

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## Abstrak

Meningkatnya jumlah kasus COVID-19 dan ketidakpastian berakhirnya penyebaran dari COVID-19 memberikan dampak di berbagai sektor salah satunya pada tenaga kesehatan yang bekerja di fasilitas pelayanan kesehatan. Secara global, menunjukkan bahwa stres adalah perasaan yang paling sering dilaporkan oleh tenaga kesehatan, dengan 93% dari mereka secara teratur mengalami stres dalam 3 bulan terakhir, hal ini diikuti oleh kecemasan sebanyak 86%, frustrasi 77%, kelelahan 76%, dan perasaan kewalahan 75%. Penelitian ini bertujuan untuk mengetahui gambaran karakteristik tenaga kesehatan, gambaran tingkat stres pada tenaga kesehatan dan penyebab dari terjadi tingkat stres pada tenaga kesehatan selama masa pandemi COVID-19 di UPTD Puskesmas Tanah Baru. Metode yang digunakan dalam penelitian ini menggunakan metode kombinasi antara pendekatan kuantitatif dan pendekatan kualitatif. Pendekatan kuantitatif dengan desain cross sectional dilakukan kepada 25 responden tenaga kesehatan di UPTD Puskesmas Tanah Baru berupa pengisian kuisioner DASS-21 serta pendekatan kualitatif berupa wawancara mendalam kepada 4 narasumber. Hasil pada penelitian ini, tenaga kesehatan yang bertugas selama masa pandemi COVID-19 sebanyak 72% tidak mengalami stres, 24% mengalami stres ringan, dan 4% mengalami stres sedang dengan berbagai macam terjadinya faktor penyebab terjadinya resiko seperti persepsi resiko pada peningkatan kasus COVID-19, kelengkapan sarana berupa APD, peningkatan durasi kerja yang terjadi selama masa pandemi COVID-19, dan stigmatisasi terhadap tenaga kesehatan selama masa pandemi COVID-19.

.....The increasing number of COVID-19 cases and the uncertainty of the end of the spread of COVID-19 has an impact on various sectors, one of which is on health workers who work in health care facilities. Globally, stress is the most frequently reported feeling by healthcare professionals, with 93% of them regularly experiencing stress in the past 3 months, this is followed by anxiety at 86%, frustration at 77%, fatigue at 76%, and feeling overwhelmed at 75%. This study aims to describe the characteristics of health workers, describe stress levels in health workers, and the causes of stress levels in health workers during the COVID-19 pandemic at the Tanah Baru Health Center UPTD. The method used in this study uses a combination of quantitative and qualitative approaches. A quantitative approach with a cross-sectional design was carried out to 25 respondents of health workers at the Tanah Baru Health Center UPTD in the form of filling out the DASS-21 questionnaire and a qualitative approach in the form of in-depth interviews with 4 sources. The results of this study, 72% of health workers on duty during the COVID-19 pandemic did not experience stress, 24% experienced mild stress, and 4% experienced moderate stress with various risk factors such as risk perception in increasing COVID-19 cases, 19, completeness of facilities in the form of PPE, increased work duration during the COVID-19 pandemic, and stigmatization of health workers during the COVID-19 pandemic