

Faktor-Faktor yang Berhubungan dengan Kecemasan pada Mahasiswa S1 Rumpun Ilmu Kesehatan Universitas Indonesia selama Pandemi COVID-19 = Factors Related to Anxiety on Health Science Cluster Undergraduate Students of University of Indonesia during the COVID-19 Pandemic

Randita Shafira Putri, author

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Abstrak

Pandemi COVID-19 telah mempengaruhi berbagai aspek kehidupan dan lapisan masyarakat. Kasus COVID-19 yang terus meningkat dan adanya kebijakan mengenai pembatasan berbagai kegiatan sosial masyarakat dapat menyebabkan kecemasan. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kecemasan pada mahasiswa S1 Rumpun Ilmu Kesehatan Universitas Indonesia. Desain penelitian yang digunakan adalah cross sectional. Data yang digunakan berupa data primer yang diperoleh dari kuesioner online yang disebar melalui media sosial. Pengambilan sampel pada penelitian ini menggunakan metode purposive sampling. Kecemasan diukur dengan menggunakan kuesioner GAD-7. Hasil penelitian menunjukkan bahwa proporsi kecemasan ringan sebesar 37,8%, kecemasan sedang sebesar 27,3%, dan kecemasan berat sebesar 15,4%. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara coping (PR=1,79 95%CI: 1,33-2,41; p=0,000) dan dukungan sosial (PR=1,85 95%CI: 1,38-2,48; p=0,000) dengan kecemasan pada mahasiswa S1 Rumpun Ilmu Kesehatan Universitas Indonesia selama pandemi COVID-19. Kemudian, hasil penelitian menunjukkan bahwa tidak terdapat hubungan yang signifikan antara usia, jenis kelamin, tempat tinggal, tingkat ekonomi keluarga, riwayat penyakit, dan riwayat kontak COVID-19 dengan kecemasan pada mahasiswa S1 Rumpun Ilmu Kesehatan Universitas Indonesia selama Pandemi COVID-19.

.....The COVID-19 pandemic has affected various aspects of life and levels of society. The increasing number of COVID-19 cases and the policies regarding restrictions on various social activities can cause anxiety. This study aims to determine the factors associated with anxiety in undergraduate students of the Health Sciences Cluster, University of Indonesia. The research design used was cross-sectional. The data used is in the form of primary data, obtained from online questionnaires distributed through social media. Sampling in this study using the purposive sampling method. Anxiety was measured using the GAD-7 questionnaire. The results showed that the proportion of mild anxiety was 37.8%, moderate anxiety was 27.3%, and severe anxiety was 15.4%. The results showed that there was a significant relationship between coping (PR=1,79 95%CI: 1,33-2,41; p=0,000) and social support (PR=1,85 95%CI: 1,38-2,48; p=0,000) with anxiety in Health Science Cluster Undergraduate Students of the University of Indonesia during the COVID-19 pandemic. Then, the results of the study showed that there was no significant relationship between age, gender, place of residence, family economic level, disease history, and history of COVID-19 contact with anxiety in Health Sciences Cluster Undergraduate Students of the University of Indonesia during the COVID-19 Pandemic. The government needs to optimize programs and policies regarding mental health, such as education through social media by providing infographics, educational videos and so on to reduce the potential for mental health disorders, especially anxiety during the COVID-19 pandemic.