

Model Mekanisme Koping Remaja yang Mengalami Kehilangan Orang Tua Akibat COVID-19 terhadap Tanda Gejala Stress, Cemas = Model of Coping Mechanisms in Adolescents Experiencing Parental Loss Due to COVID-19: Impact on Signs and Symptoms of Stress and Anxiety.

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Abstrak

Latar belakang: Tingginya kasus COVID-19 di dunia mengakibatkan 13,3-16,6 juta kematian di kawasan Asia Tenggara, Eropa, dan Amerika. Di Indonesia lonjakan kematian mencapai 158.429, terbanyak usia dewasa. Dampak kematian orang tua menimbulkan stress, cemas berisiko pada masalah kesehatan jiwa remaja yang lebih berat. Tujuan: menganalisis model mekanisme koping remaja yang menghadapi kehilangan orang tua akibat COVID-19 terhadap tanda gejala stress, cemas. Metode: Penelitian tahap 1 survei pada 516 sample remaja di DKI Jakarta, dianalisa dengan SEM-PLS. Penelitian tahap 2, desain quasi eksperiment with control group menguji keefektifan model dengan sample kelompok intervensi, kontrol masing-masing 52. Kuisioner Zung Self Rating Anxiety Scale (SAS), Perceived Stress Scale (PSS). Analisa data mancova repeated. Hasil: Koefisien determinasi kuat ($R^2 > 0,67$), stimulus fokal, stimulus kontekstual, penilaian stressor, sumber koping membentuk mekanisme koping ($p\text{-value} < 0,05$). Terdapat perubahan tanda gejala stress, cemas pada remaja sebelum dan sesudah diterapkan model mekanisme koping pada kelompok intervensi. Simpulan: Model mekanisme koping remaja yang mengalami kehilangan orang tua efektif menurunkan tanda gejala stress, cemas. Saran: Model mekanisme koping remaja yang mengalami kehilangan orang tua dapat diimplementasikan kepada remaja dalam upaya pencegahan masalah psikososial yang lebih berat lagi, dan dapat diimplementasikan oleh guru dan perawat setingkat ahli Madya.

.....Background: The high number of COVID-19 cases worldwide has resulted in 13.3-16.6 million deaths across Southeast Asia, Europe, and the Americas. In Indonesia, the death toll surged to 158,429, with the majority being adults. The loss of parents has led to stress and anxiety, increasing the risk of more severe mental health issues among adolescents. Objective: To analyze the coping mechanism model for adolescents dealing with the loss of parents due to COVID-19 in relation to symptoms of stress and anxiety. Methods: The study consisted of two phases. Phase 1 was a survey involving 516 adolescent samples in Jakarta, analyzed using SEM-PLS. Phase 2 used a quasi-experimental design with a control group to test the effectiveness of the model, involving intervention and control groups of 52 participants each. The Zung Self-Rating Anxiety Scale (SAS) and Perceived Stress Scale (PSS) were used. Data were analyzed using repeated measures MANOVA. Results: The model showed a strong coefficient of determination ($R^2 > 0.67$). Focal stimuli, contextual stimuli, stressor appraisal, and coping resources significantly shaped the coping mechanism ($p\text{-value} < 0.05$). Changes in stress and anxiety symptoms were observed in adolescents before and after applying the coping mechanism model in the intervention group. Conclusion: The coping mechanism model for adolescents experiencing parental loss effectively reduced stress and anxiety symptoms. Recommendations: The coping mechanism model for adolescents dealing with parental loss can be implemented to prevent more severe psychosocial issues and can be applied by teachers and nurses at the associate expert level.