

# Efek Psikologis pada Lanjut Usia yang Membutuhkan Perawatan Gigi dan Mulut di Masa Pandemi Covid-19 = Psychological Effects on the Elderly with Dental Care Needs during the Covid-19 Pandemic

Arinny Shafira Khairunisa, author

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## Abstrak

Latar Belakang: Lansia merupakan individu berusia 60 tahun ke atas yang memiliki kerentanan yang tinggi untuk mengalami masalah kesehatan baik umum maupun gigi dan mulut dibandingkan dengan kelompok usia lainnya. Adanya masalah kesehatan gigi dan mulut tersebut mengharuskan lansia untuk mengakses perawatan gigi dan mulut yang sesuai dengan kebutuhannya. Namun, pandemi Covid-19 hadir dan lansia menjadi individu dalam kelompok paling rentan untuk terpapar oleh virus ini. Beberapa dampak yang dialami lansia akibat pandemi Covid-19 antara lain menurunnya kondisi fisik, menurunnya tingkat aktivitas fisik, hingga berdampak pada aspek psikologis seperti meningkatnya gejala depresi, ansietas, serta rasa kesepian. Terdapat alat ukur yang dapat digunakan untuk menilai kondisi tersebut antara lain Geriatric Depression Scale (GDS), Covid-19 Anxiety Scale (CAS), serta Questionnaire for Assessing the Impact of the Covid-19 Pandemic and Accompanying Mitigation Efforts on Older Adults (QAICPOA). Namun, pengembangan serta penggunaan alat ukur CAS dan QAICPOA secara komprehensif belum pernah dilakukan di Indonesia Tujuan: Memperoleh alat ukur yang valid dan reliabel untuk menilai kecemasan terkait Covid-19 serta melihat adanya efek psikologis pada lansia yang membutuhkan perawatan gigi dan mulut di masa pandemi Covid-19. Metode: Pengembangan alat ukur skala kecemasan terkait Covid-19 (CAS-Id) dan QAICPOA dilakukan melalui tahap adaptasi lintas kultural untuk mendapatkan kuesioner yang dapat dipahami oleh responden. Selanjutnya, pengembangan CAS-Id dilanjutkan dengan melakukan uji validitas dan reliabilitas. Analisis univariat dilakukan terhadap ketiga komponen efek psikologis yang diteliti yaitu depresi, ansietas, serta dampak isolasi sosial berdasarkan faktor sosiodemografi pada lansia. Total subjek penelitian adalah 171 orang. Hasil: Uji validitas dan reliabilitas pada alat ukur Covid-19 Anxiety Scale (CAS) dalam penelitian ini mendapatkan nilai Cronbach's alpha 0,783 dan  $r = 0,700$  dengan  $p$ -value 0,000 ( $p < 0,05$ ) sehingga berhasil mendapatkan alat ukur yang bersifat valid dan reliabel. Adapun efek psikologis pada lansia yang membutuhkan perawatan gigi dan mulut menunjukkan adanya depresi ringan hingga sedang, ansietas sedang hingga tinggi, serta kesulitan dalam mengakses layanan kesehatan rutin dan mengalami rasa kesepian pada lansia berdasarkan sosiodemografi. Kesimpulan: Alat ukur CAS-Id dapat digunakan untuk mengukur kecemasan terkait Covid-19 dengan baik pada lansia sehingga diharapkan dapat digunakan untuk penelitian berikutnya yang menilai aspek kecemasan pada individu lainnya. Adanya efek psikologis bersifat ringan, sedang, hingga berat dapat menjadi salah satu faktor yang mempengaruhi lansia dalam mendapatkan perawatan gigi dan mulut sehingga diperlukan sebuah solusi untuk mengatasi hal ini.

.....Background: The elderly are individuals aged above 60 years and are susceptible to experiencing health problems, both general and dental compared to any other age groups. The existence of dental health problems requires the elderly to access dental care that is compatible with their needs. However, the Covid-19 pandemic makes the elderly as individuals in the most vulnerable group to be exposed to the virus. Some of the impacts experienced by the elderly due to the Covid-19 pandemic include decreased of physical

conditions, decreased levels of physical activity, even to have an impact on psychological aspects such as increased symptoms of depression, anxiety, and feelings of loneliness. There are measuring tools that can be used to assess these conditions, including the Geriatric Depression Scale (GDS), Covid-19 Anxiety Scale (CAS), and the Questionnaire for Assessing the Impact of the Covid-19 Pandemic and Accompanying Mitigation Efforts on Older Adults (QAICPOA). However, the development and comprehensive use of CAS and QAICPOA as measuring instruments has never been applied in Indonesia. Objective: To obtain a valid and reliable measuring tool to assess anxiety related to Covid-19 and to see the psychological effects on the elderly who need dental and oral care during the Covid-19 pandemic. Methods: The development of the Covid-19-related anxiety scale (CAS-Id) and QAICPOA was carried out through a cross-cultural adaptation stage to obtain a questionnaire that the respondents could comprehend. Furthermore, the development of CAS-Id was continued by conducting validity and reliability tests. Univariate analysis was carried out on the three components of the psychological effects studied, namely depression, anxiety, and the impact of social isolation based on sociodemographic factors in the elderly. The total research subjects were 171 people. Results: Test the validity and reliability of the Covid-19 Anxiety Scale (CAS) measuring instrument in this study obtained a Cronbach's alpha value of 0.783 and  $r = 0.700$  with a p-value of 0.000 ( $p < 0.05$ ) and makes it succeeded in obtaining a valid and valid measuring instrument. reliable. The psychological effects on the elderly who need dental and oral care show mild to moderate depression, moderate to high anxiety, and difficulties in accessing routine health services and experiencing loneliness in the elderly based on sociodemography. Conclusion: The CAS-Id measuring instrument can be used to measure anxiety related to Covid-19 well in the elderly, so it is hoped that it can be used for future studies that assess aspects of anxiety in other individuals. The existence of mild, moderate, to severe psychological effects can be one of the factors that affect the elderly in getting dental and oral care so that a solution is needed to overcome the issue