

# Proporsi gangguan cemas pada tenaga kesehatan saat pandemi COVID-19 di RSUP Persahabatan dan faktor yang memengaruhi = The proportion of anxiety disorders in health care workers during COVID-19 pandemic at Persahabatan hospital and influencing factors

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## Abstrak

Latar Belakang: Pandemi coronavirus disease 2019 (COVID-19) dihubungkan dengan peningkatan kejadian gangguan psikiatri. Tenaga kesehatan sebagai barisan terdepan dalam penanganan pasien COVID-19 memiliki risiko tinggi untuk mengalami gangguan cemas. Penelitian ini bertujuan untuk mengetahui proporsi gangguan cemas pada tenaga kesehatan saat pandemi COVID-19 di RSUP Persahabatan dan mengetahui faktor-faktor yang memengaruhinya.

Metode: Desain penelitian ini adalah studi deskriptif potong lintang dengan melakukan wawancara kepada dokter dan perawat yang bertugas di ruang perawatan COVID-19 serta memenuhi kriteria inklusi. Penelitian ini menggunakan Instrumen Penilaian Gangguan Jiwa MINI ICD-10 (Mini International Neuropsychiatric Interview Version ICD-10), kuesioner PSQI (Pittsburgh Sleep Quality Index) dan kuesioner peristiwa hidup Holmes-Rahe. Penelitian dilakukan pada periode Januari-Oktober 2021 dengan Teknik pengambilan sampel secara consecutive sampling sampai seluruh sampel tercakup dalam penelitian.

Hasil: Didapatkan 106 subjek penelitian dengan rerata usia adalah  $30,57 \pm 4,8$  tahun. Terdiri dari 34 orang dokter dan 72 perawat. Jumlah subjek yang mengalami gangguan cemas sebanyak 23 orang (22%). Jenis gangguan cemas yaitu agorafobia (10,4%), gangguan panik (5,7%), sosialfobia (4,7%), gangguan obsesif kompulsif (0,9%), gangguan cemas menyeluruh (9,4%) dan stres pasca trauma (0,9%). Berdasarkan analisis bivariat didapatkan hubungan bermakna antara pekerjaan dengan gangguan cemas ( $p=0,025$ ) namun tidak didapatkan hubungan bermakna antara peristiwa hidup dengan gangguan cemas. Analisis multivariat didapatkan faktor-faktor yang memengaruhi gangguan cemas pada tenaga kesehatan di masa pandemi COVID-19 adalah ruang perawatan dan komorbid.

Kesimpulan: Proporsi gangguan cemas pada tenaga kesehatan yang bekerja di ruang perawatan COVID-19 di RSUP Persahabatan adalah 22% dengan jenis gangguan cemas terbanyak adalah agorafobia. Faktor-faktor yang memengaruhi gangguan cemas yaitu ruang perawatan dan komorbid.

.....Background: Coronavirus disease 2019 (COVID-19) pandemic associated with an increased incidence of psychiatric disorder. Healthcare workers as a frontliner in caring COVID-19 patients have a high risk experiencing anxiety disorder. The aim of study is to determine the proportion of anxiety disorder in healthcare workers during COVID-19 pandemic in RSUP Hospital and influencing factor.

Methods: The design of study was descriptive cross sectional study with interview to doctor and nurse who discharge in COVID-19 ward and met the inclusion criteria of the study. This study used questionnaire MINI ICD-10 (Mini International Neuropsychiatric Interview Version ICD-10) questionnaire, PSQI (Pittsburgh Sleep Quality Index) questionnaire, and Holmes-Rahe questionnaire. The research was conducted from January to October 2021 with convenience sampling. The data was processed using SPSS 25 for statistic test.

Results: Total subject 106 were recruited in this study with the mean age was  $30,57 \pm 4,8$  years old. Subject

were of 34 doctors and 72 nurses. There were 23 subject (22%) experienced anxiety disorders. The types of anxiety disorders were agoraphobia (10,4%) panic disorder (5,7%), social phobia (4,7%), obsessive compulsive disorder (0,9%), general anxiety disorder (9,4%). Based on bivariate analysis, there was a significant association between health care workers with anxiety disorder ( $p=0.025$ ) but there was no significant association between life event with anxiety disorder. The multivariate analysis that the influencing factors of anxiety disorder in medical healthcare workers during COVID-19 pandemic were working unit and comorbidities.

Conclusion: The proportion of anxiety disorder in healthcare workers during COVID-19 pandemic in RSUP Persahabatan was 22% with the most type of anxiety disorder is agoraphobia. The influencing factor of anxiety disorder were working unit and comorbidities.