

# Rasa Takut Terhadap Covid-19 sebagai Prediktor Kepatuhan Penerapan Protokol Kesehatan Covid-19 = Fear of Covid-19 as a Predictor of Compliance to the Implementation of the Covid-19 Health Protocol

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## Abstrak

Rasa takut terhadap Covid-19 merupakan emosi adaptif yang muncul ketika adanya potensi tertular atau menularkan virus Covid-19. Rasa takut apabila tidak dikalibrasi dengan baik dengan ancaman yang sebenarnya, maka, emosi ini dapat menjadi maladaptif. Di sisi lain, rasa takut terhadap Covid-19 juga dapat memicu perilaku keselamatan, misalnya memicu kepatuhan penerapan protokol kesehatan Covid-19. Dalam hal ini, kepatuhan penerapan protokol kesehatan Covid-19 mencakup tindakan preventif. Penelitian ini bertujuan untuk menganalisis pengaruh rasa takut sebagai prediktor kepatuhan penerapan protokol kesehatan Covid-19 beserta elemen-elemennya. Penelitian ini merupakan penelitian kuantitatif dengan sampel Warga Negara Indonesia, bertempat tinggal di Indonesia, dan berusia 18-60 tahun dengan metode purposive sampling. Instrumen yang digunakan dalam penelitian ini adalah Fear of Covid-19 Scale (FCV-19S) untuk mengukur rasa takut terhadap Covid-19 dan Preventive Health Behavior (PHB) untuk mengukur kepatuhan penerapan protokol kesehatan Covid-19. Hasil analisis regresi linear sederhana yang dilakukan peneliti menunjukkan bahwa rasa takut tidak secara signifikan menjadi prediktor terhadap kepatuhan penerapan protokol kesehatan Covid-19 secara umum, namun apabila elemen kepatuhan dijabarkan satu-persatu, rasa takut secara signifikan menjadi prediktor terhadap dimensi perceived susceptibility, perceived severity, perceived barriers, dan pengukuran tindakan pencegahan Covid-19.

.....Fear of Covid-19 was an adaptive emotion that arises when there was a potential for contracting or transmitting the Covid-19 virus. If fear was not properly calibrated with an actual threatened, then this emotion could become maladaptive. On the other hand, fear of Covid-19 could also trigger safety behavior, for example triggering compliance with the implementation of the Covid-19 health protocol. In this case, compliance with the implementation of the Covid-19 health protocol includes preventive measures. This study aims to analyze the effect of fear as a predictor of adherence to the implementation of the Covid-19 health protocol and its elements. This research was a quantitative study with a sample of Indonesian citizens, residing in Indonesia, and aged 18-60 years used a purposive sampling method. The instruments used in this study were the fear of Covid-19 scale (FCV-19S) to measure fear of Covid-19 and preventive health behavior (PHB) to measure adherence to the implementation of the Covid-19 health protocol. The results of a simple linear regression analysis conducted by the researchers showed that fear was not significantly a predictor of compliance with the implementation of the Covid-19 health protocol in general, but if the elements of compliance were explained one by one, fear was significantly a predictor of the dimensions of perceived susceptibility, perceived severity, perceived barriers, and measures of preventive behavior from Covid-19.