

Peranan Ketangguhan Terhadap Gangguan Mental Emosional (GME) dan Kualitas Hidup Pada Populasi Usia Produktif Selama Pandemi Covid-19 Di Jakarta Timur = The Role of Resilience on Mental Emotional Disorders and Quality of Life in Productive Age Populations During the Covid-19 Pandemic in East Jakarta

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Abstrak

Pandemi Covid-19 menimbulkan dampak pada berbagai sektor yang memungkinkan memicu terjadinya gangguan mental emosional (GME) dan penurunan kualitas hidup sehingga pembentukan ketangguhan sangat diperlukan. Studi ini ditujukan untuk menganalisis peranan ketangguhan (individu, keluarga dan komunitas) terhadap GME dan kualitas hidup individu selama pandemi Covid-19 di Jakarta Timur pada gelombang kedua. Studi explanatory sequential mixed-methods dengan pendekatan desain cross sectional dan metode kualitatif dengan desain Rapid Assessment Procedure (RAP). Kualitas hidup diukur menggunakan Indonesian HRQoL, sedangkan GME diskriminasi menggunakan SRQ pada 300 responden yang terpilih dari teknik multistage cluster sampling. Exploratory qualitative dilakukan pada 2 kelompok FGD dan 3 informan wawancara mendalam, sedangkan explanatory qualitative dilakukan pada 6 kelompok FGD dan 9 informan wawancara mendalam. Masyarakat memahami ketangguhan (individu, keluarga, dan komunitas) sebagai konsep kemampuan menghadapi pandemi dengan memanfaatkan aspek-aspek di sekitar mereka, GME sebagai masalah mental, dan kualitas hidup sebagai kondisi kesehatan. Proporsi GME meningkat dua kali lipat dibandingkan situasi normal. Proporsi kualitas hidup buruk sebanyak 26,30%. Ketangguhan (individu, keluarga, dan komunitas) yang buruk berhubungan terhadap terjadinya GME dan kualitas hidup buruk selama pandemi Covid-19. GME juga berperan terhadap kualitas hidup yang buruk. Peranan ketangguhan individu terhadap GME dan kualitas hidup ditentukan oleh persepsi realistis dengan cara bersyukur, ikhlas, sabar, dan saling menguatkan, menerima keadaan, menerapkan protokol kesehatan, regulasi emosi-kognisi, kemampuan adaptasi, dan optimisme. Peranan ketangguhan individu terhadap GME dan kualitas hidup ditentukan oleh usia pengambil keputusan keluarga, dukungan sosial dan kontrol diri. Peranan ketangguhan komunitas terhadap GME dan kualitas hidup ditentukan oleh kestabilan sistem pendidikan, sistem kesehatan, sistem politik/pemerintahan, dan sistem manajemen pandemi. Ketangguhan keluarga ditemukan paling berperan terhadap kualitas hidup. Sistem pemerintahan yang berkolaborasi dan responsif menentukan kestabilan komponen-komponen ketangguhan komunitas. Oleh karena itu, direkomendasikan untuk memperkuat komponen ketangguhan keluarga dan sistem pemerintahan dalam menghadapi pandemi.

.....The Covid-19 pandemic has had an impact on various sectors that may trigger mental emotional disorders (GME) and a decrease in quality of life so that the formation of resilience is urgently needed. This study aimed at analyzing the role of resilience (individual, family and community) on GME and the quality of life of individuals during the Covid-19 pandemic in East Jakarta in the second wave. Explanatory sequential mixed-methods study with a cross-sectional design approach and qualitative methods with a Rapid Assessment Procedure (RAP) design. Quality of life was measured using the Indonesian HRQoL, while GME was screened using the SRQ on 300 respondents selected from the multistage cluster sampling

technique. Exploratory qualitative was conducted with 2 FGD groups and 3 in-depth interviews with informants, while explanatory qualitative was conducted with 6 FGD groups and 9 in-depth interviews with informants. Communities understand resilience (individual, family and community) as a concept of being able to deal with a pandemic by utilizing aspects around them, GME as a mental problem, and quality of life as a health condition. The proportion of GME has doubled compared to the normal situation. The proportion of poor quality of life was 26.30%. Poor resilience (individual, family and community) related to the occurrence of GME and poor quality of life during the Covid-19 pandemic. GME also contributed to poor quality of life. The role of individual resilience to GME and quality of life was determined by realistic perceptions by being grateful, sincere, patient, and mutually reinforcing, accepting circumstances, implementing health protocols, emotional-cognition regulation, adaptability, and optimism. The role of individual resilience to GME and quality of life was determined by the age of family decision makers, social support and self-control. The role of community resilience to GME and quality of life was determined by the stability of the education system, health system, political/government system, and pandemic management system. Family resilience was found to have the most effect on quality of life. Collaborative and responsive governance systems determine the stability of the components of community resilience. Therefore, it is recommended to strengthen the components of family resilience and government systems to deal with a pandemic.