

Social restriction, economic downturn, and mental health: An empirical evidence from COVID-19 Pandemic in Indonesia = Pembatasan sosial, penurunan ekonomi, dan kesehatan mental: Bukti empiris dari Pandemi COVID-19 di Indonesia

Dwi Setyorini, author

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Abstrak

Pandemi COVID-19 telah mengganggu banyak aspek kehidupan global. Tidak hanya memengaruhi perekonomian, penganggulan pandemic untuk memperlambat laju penyebaran virus juga memberikan dampak bagi kondisi mental masyarakat. Studi ini ditujukan untuk melihat hubungan tingkat kebijakan pembatasan sosial, kehilangan pekerjaan, dan kehilangan pendapatan selama pandemic terhadap kesehatan mental individu. Penelitian ini menggunakan data nasional yang dikumpulkan oleh CISDI melalui telepon survei. Sejumlah 1031 observasi, terdiri dari individu umur 15-65 tahun yang berpartisipasi di Angkatan kerja dan bekerja sebelum pandemi, digunakan dalam penelitian ini. Berdasarkan 5 indikator negative mental health impact, dari keseluruhan sampel, 42,93% merasa lebih takut, 47.72% merasa lebih cemas, 18,33% merasa lebih tidak berdaya, 39.67% mengalami peningkatan stress kerja, dan 46,36% mengalami peningkatan stress keuangan. Hasil dari regresi logistik biner yang dilakukan meunjukkan bahwa kehilangan pekerjaan dan kehilanagn pendapatan berkaitan dengan dampak kesehatan mental yang buruk. Sedangkan pembatasan sosial tidak berasosiasi secara kuat dengan dampak kesehatan mental yang buruk. Hasil ini berimplikasi bahwa efek ekonomi terbukti dirasakan oleh responden penelitian ini, tetapi efek isolasi sulit dibuktikan di sini. Keberadaan efek isolasi dapat dijelaskan dengan variabel lain, yaitu status bekerja dari rumah dan penurunan frekuensi bertemu langsung dengan teman/kolega/saudara.

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The pandemic of COVID-19 has interrupted many aspects of life globally. Not only affecting the economy, the containment measures to slow down the spread of the virus has also impacting people's mental well-being. This study aimed to assess the relation of social restriction policy level, job loss, and income loss during the COVID-19 pandemic to individual mental health. A national representative data collected by CISDI through a phone survey was used in this study. A total of 1031 observations aged 15-65 who participated in the labour force and worked prior to the pandemic were included in the study. Based on five negative mental health impact indicators, of all the sample, 42.39% felt more horrified, 47.72% felt more apprehensive, 18.33% felt more helpless, 39.67% increased stress from work, and 46.36% increased financial stress. The results from our binary logistic regression showed that job loss and income loss were attributed to negative mental health impacts. Meanwhile, the social restriction was not significantly associated with it. The findings imply that economic effect was evident in our sample, yet the isolation effect due to social restriction was barely proven here. Besides, the existence of isolation effects could be explained by WFH status and decreased meeting frequency with friends/colleagues/family.