

Gambaran Dukungan Sosial dan Kesepian selama Pandemi COVID-19 = An Overview of Social Support and Loneliness during the COVID-19 Pandemic in College Students

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Abstrak

Pandemi COVID-19 mengharuskan mahasiswa menjaga jarak sosial, jarak fisik, dan sedapat mungkin melakukan aktivitas dari rumah. Hal ini menyebabkan penurunan interaksi sosial secara langsung yang berujung pada munculnya masalah kesepian. Situasi pandemi juga dianggap sebagai situasi yang sulit dan menekan, sehingga mahasiswa membutuhkan dukungan sosial untuk mempertahankan kesejahteraan hidup. Selama pandemi COVID-19, dukungan sosial menjadi salah satu faktor pelindung dari masalah kesepian. Penelitian ini bertujuan untuk mengetahui tingkat dukungan sosial dan kesepian selama pandemi COVID-19 pada mahasiswa. Metode penelitian yang digunakan berupa deskriptif kuantitatif dengan desain cross-sectional. Pengumpulan data dilakukan secara daring pada 170 mahasiswa S1 reguler Universitas Indonesia dengan menggunakan kuesioner Multidimensional Scale of Perceived Social Support dan UCLA Loneliness Scale. Hasil penelitian menunjukkan sebagian besar mahasiswa memiliki dukungan sosial yang sedang (71,8%) dan tingkat kesepian yang rendah (71,8%). Selama pandemi COVID-19 mahasiswa disarankan untuk memaksimalkan waktu bersama keluarga dan meningkatkan interaksi sosial secara virtual dengan teman dekat.

.....The COVID-19 pandemic required college students to do social distancing, physical distancing, and carry out activities from home in every possible way. The phenomenon caused a decrease in social interaction that leads to the emergence of loneliness problems. The pandemic situation was considered a precarious and stressful situation for college students causes an increase in the need for social support to maintain their welfare. During the COVID-19 pandemic, social support is one of the protective factors against loneliness. This study aims to determine the level of social support and loneliness during the COVID-19 pandemic in college students. The research method used is descriptive quantitative with a cross-sectional design. Data collection was conducted online on 170 undergraduate students at Universitas Indonesia using the Multidimensional Scale of Perceived Social Support and UCLA Loneliness Scale questionnaires. The results showed that most of the students had moderate social support (71.8%) and low levels of loneliness (71.8%). During the COVID-19 pandemic, college students were advised to maximize their time with family and increase virtual social interaction with close friends.