

Gambaran Aktivitas Seksual dan Tingkat Stres pada Penduduk Usia Dewasa Selama Pandemi COVID-19 di Jakarta Timur = Description of Sexual Activity and Stress Levels in Adults During the COVID-19 Pandemic in East Jakarta

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Abstrak

Pandemi COVID-19 menyebabkan seseorang terus menerus tinggal di rumah dan melakukan jaga jarak sehingga memengaruhi aktivitas seksual dan tingkat stres. Penelitian ini merupakan penelitian kuantitatif menggunakan desain cross-sectional dan bertujuan untuk mengetahui gambaran aktivitas seksual dan tingkat stres penduduk usia dewasa selama pandemi COVID-19. Sampel penelitian ini yaitu 279 penduduk usia dewasa yang memiliki pasangan di Jakarta Timur dengan teknik sampling berupa purposive sampling. Penelitian ini menggunakan instrumen SAQ dan PSS-10. Hasil penelitian menunjukkan sebagian besar penduduk usia dewasa melakukan aktivitas seksual selama pandemi COVID-19 (62,7%). Alasan penduduk tidak melakukan aktivitas seksual terbanyak yaitu belum menikah dan tidak tertarik dengan seks. Hasil penelitian menunjukkan sebagian besar penduduk usia dewasa mengalami stres sedang selama pandemi COVID-19 (62,7%). Penelitian ini diharapkan dapat bermanfaat terkait gambaran aktivitas seksual dan tingkat stres pada usia dewasa selama pandemi COVID-19. Diharapkan untuk pelayanan keperawatan dapat memberikan edukasi mengenai aktivitas seksual dan manajemen stres selama pandemi COVID-19.

.....The COVID-19 pandemic causes people to continue to stay at home and practice social distancing, which affects sexual activity and stress levels. This study is a quantitative study using a cross-sectional design and aims to describe the sexual activity and stress levels of the adult population during the COVID-19 pandemic. The sample of this study is 279 adult population who have a partner in East Jakarta with a purposive sampling technique. This study used the SAQ and PSS-10 instruments. The results showed that most of the adult population engaged in sexual activity during the COVID-19 pandemic (62.7%). Most of the population's reasons for not engaging in sexual activity are unmarried and not interested in sex. The results showed that most of the adult population experienced moderate stress during the COVID-19 pandemic (62.7%). This research is expected to provide benefits related to the description of sexual activity and stress levels in adulthood during the COVID-19 pandemic. It is hoped that nursing services can provide education about sexual activity and stress management during the COVID-19 pandemic.