

Gambaran Masalah Kesehatan Jiwa Santri Selama Pandemi COVID-19 = Mental Health Problems Description of Students at Islamic Boarding School during COVID-19 Pandemic

Rizky Fadilah, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920558983&lokasi=lokal>

Abstrak

Pandemi COVID-19 merupakan peristiwa tidak terduga dan belum pernah terjadi sebelumnya sehingga setiap individu harus dapat beradaptasi terhadap situasi ini termasuk santri di pesantren. Penelitian ini bertujuan untuk mengetahui stresor biologis, psikologis, dan sosial, masalah kesehatan jiwa: stres, ansietas, dan depresi, serta hubungan keduanya. Desain penelitian menggunakan deskriptif korelatif dengan pendekatan cross-sectional. Pengumpulan data dilakukan secara offline mulai tanggal 11 hingga 16 Maret 2021, dengan 222 responden santri tingkat Madrasah Aliyah di Pondok Pesantren. Responden dipilih secara purposive sampling. Penelitian ini menggunakan kuesioner stresor, Perceived Stress Scale (PSS-10), Self Reporting Questionnaire (SRQ-20), dan Beck Depression Inventory (BDI-II). Data dianalisis menggunakan uji Korelasi Spearman (CI 95%). Terdapat hubungan yang signifikan antara stresor psikologis dengan stres, ansietas dan depresi pada santri. Penelitian ini menyimpulkan bahwa santri juga membutuhkan dukungan kesehatan jiwa dan psikososial selama pandemi COVID-19

..... The COVID-19 pandemic is an unexpected and unprecedented event, so everyone must be able to adapt to this situation, including students at Islamic boarding schools (Pesantren). This study aimed to identify biological, psychological, and social stressors, mental health problems: stress, anxiety, and depression, and the correlation between them. The study was used a descriptive correlative with a cross-sectional approach. The data was collected offline from March 11th to 16th, 2021, with 222 respondents at the Madrasah Aliyah-level students in Islamic Boarding Schools. Respondents were selected by purposive sampling. This study used the Stressor Questionnaire, Perceived Stress Scale (PSS-10), Self Reporting Questionnaire (SRQ-20), and Beck Depression Inventory (BDI-II). Data were analyzed using the Spearman Correlation analysis (95% CI). There was a significant correlation between psychological stressors with stress, anxiety, and depression among students. This research concluded that students of Islamic Boarding Schools also need mental health and psychosocial support during the COVID-19 pandemic.