

Pengaruh coping pandemi covid-19 dan penyesuaian perkuliahan terhadap kejadian depresi pada mahasiswa baru Fakultas Kesehatan Masyarakat Universitas Indonesia angkatan 2020 = Pandemic covid-19 coping and college adjustment effects to depression on college freshmen of Public Health Faculty University of Indonesia class of 2020.

Alika Shameela, author

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Abstrak

Pandemi COVID-19 yang sedang terjadi dapat berdampak terhadap depresi. Dalam menghadapi situasi ini diperlukan penyesuaian untuk mengatasi tekanan (coping stress). Coping didefinisikan sebagai aktifitas yang dilakukan dalam menghadapi situasi yang membuat stress. Kelompok usia remaja memiliki potensi dalam terkena depresi, salah satunya mahasiswa baru. Mahasiswa baru memiliki potensi untuk terdampak karena perlu melakukan penyesuaian dalam perkuliahan dan melakukan coping terhadap stress dalam situasi Pandemi COVID-19. Tujuan penelitian ini adalah melihat pengaruh dari coping pandemi COVID-19 dan penyesuaian perkuliahan terhadap depresi pada Mahasiswa Baru FKM UI Angkatan 2020. Disain studi dalam penelitian ini merupakan studi potong lintang. Sampel dalam penelitian adalah Mahasiswa Baru FKM UI Angkatan 2020. Sebanyak 139 sampel didapatkan dengan menggunakan purposive sampling. Analisis bivariat dilakukan menggunakan chi-square dan analisis multivariat dilakukan dengan menggunakan regresi logistik biner. Data dikumpulkan antara Mei - Juni 2021 melalui kuesioner online. Hasil penelitian menunjukkan proporsi mahasiswa yang mengalami gejala depresi sebanyak 59%. Terdapat hubungan yang signifikan antara penyesuaian perkuliahan terhadap kejadian depresi ($p = 0,021$). Tidak terdapat hubungan yang signifikan antara jenis kelamin ($p = 0.290$), usia ($p = 0.664$), daerah tempat tinggal ($p = 0.472$), dan coping pandemi COVID-19 ($p = 0.668$) dengan kejadian depresi. Berdasarkan hasil analisis multivariat, penyesuaian perkuliahan menjadi faktor yang paling dominan terhadap kejadian depresi (OR: 2.333, 95% CI; 1.154 – 4.715).

.....The current COVID-19 pandemic has an impact on depression. In dealing with this COVID-19 pandemic situation, adjustments are needed to cope with stress (coping stress). Coping is defined as an activity carried out when facing a stressful situation. Adolescent has a great potential for depression, one of the population group in risk is college freshmen. College freshmen have a great potent to be affected mentally because they need to make adjustments in college's life and cope with stress in the COVID-19 Pandemic situation. The purpose of this study is to see the effect of COVID-19 pandemic coping and adjustment of college towards depression in college freshmen of Faculty of Public Health University of Indonesia class 2020. The study design carried out in this study is a cross-sectional study. The sample in this study is the college freshmen on Faculty of Public Health University of Indonesia class 2020. A total of 139 samples were obtained using purposive sampling. Bivariate analysis was carried out in this study using chi-square and multivariate analysis was performed using binary logistic regression. Data was collected between May - June 2021 through an online questionnaire. The results showed that the proportion of students who experienced symptoms of depression was 59%. There is a significant relationship between college adjustment to depression in college freshmen ($p = 0.032$). There was no significant relationship between gender ($p = 0.290$), age ($p = 0.668$), area of residence ($p = 0.472$), and coping with the COVID-19 pandemic

($p = 0.664$) with depression. Based on the results of multivariate analysis, college adjustment was the most dominant factor on depression (OR: 2,333, 95% CI; 1,154 – 4,715).