

ABSTRAK

Tingkat stress pasien COVID-19 pasca isolasi Di Puskesmas Gondang Kabupaten Mojokerto

RISKA VIRNANDA

COVID-19 berdampak serius pada kesehatan mental masyarakat. Orang lebih mungkin ketakutan sakit atau sekarat, merasa tidak berdaya, dan distereotipkan oleh orang lain. Pandemi telah berdampak buruk pada kesehatan mental masyarakat yang bahkan dapat menyebabkan krisis psikologis. Pasien yang terinfeksi dirawat di rumah sakit isolasi yang dituju untuk *COVID-19*, kesepian dan isolasi sosial hal tersebut dapat memicu stress. Penelitian ini bertujuan untuk mengetahui tingkat stress pasien COVID-19 pasca isolasi di Puskesmas Gondang Kabupaten Mojokerto. Desain penelitian ini menggunakan deskriptif. Populasi dalam penelitian ini adalah seluruh pasien *COVID-19* di ruang isolasi Puskesmas Gondang pada tanggal 10 Agustus 2021 yaitu sejumlah 34 responden. Teknik sampling penelitian ini adalah *total sampling*. Sampel dalam penelitian ini berjumlah 34 orang. Instrumen penelitian menggunakan kuesioner *Kessler Psychological Distress Scale (K10)*. Analisa data menggunakan distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa hampir seluruh responden mengalami stress ringan yaitu 28 responden (82,4%), tidak stress sebanyak 3 orang (8,8%), dan stress sedang sebanyak 3 orang (8,8%). Hal ini menunjukkan bahwa tingkat stress pasien COVID-19 pasca isolasi di Puskesmas Gondang Kabupaten Mojokerto pada tanggal 10 Agustus 2021 adalah tingkat ringan. Hal ini disebabkan karena isolasi di Puskesmas Gondang juga memiliki program terapi psikis untuk mencegah gangguan kesehatan mental para pasien yang diisolasi, kebutuhan logistik pasien terpenuhi dengan baik, makan makanan bergizi, vitamin, diberikan hiburan agar tidak tertekan selama menjalani isolasi dengan cara diadakan senam setiap pagi, berjemur sinar matahari dan diadakan kegiatan yang menyenangkan seperti bernyanyi, berjoged agar pasien merasa senang yang dapat meningkatkan imunitas pasien meskipun kadang juga merasakan gejala stress.

Kata Kunci: stress, pasien COVID-19, isolasi

ABSTRACT

Stress Level of COVID-19 Patients at Gondang Health Center, Mojokerto Regency

RISKA VIRNANDA

COVID-19 has a serious impact on people's mental health. People are more likely to fear illness or death, feel helpless, and be stereotyped by others. The pandemic has had such a devastating impact on people's mental health that it can even lead to a psychological crisis. Infected patients are treated in isolation hospitals designated for COVID-19, loneliness and social isolation can trigger stress. This study aimed to determine the stress level of COVID-19 patients at the Gondang Health Center, Mojokerto Regency. The design of this research was descriptive. The population in this study was all COVID-19 patients in the isolation room of the Gondang Health Center on August 10, 2021, as many as 34 respondents. The sampling technique of this research was total sampling. The sample in this study as many as 34 people. The research instrument used the Kessler Psychological Distress Scale (K10) questionnaire. Data analysis used frequency distribution and percentage. The results suggested that almost all respondents experienced mild stress, as many as 28 respondents (82.4%), no stress as many as 3 people (8.8%), and moderate stress as many as 3 people (8.8%). This shows that the stress level of COVID-19 patients at the Gondang Health Center, Mojokerto Regency on August 10, 2021 was a mild level. This is because the isolation at the Gondang Health Center also has a psychological therapy program to prevent mental health disorders of the isolated patients, the patient's logistical needs are well met, eat nutritious food, vitamins, are given entertainment so as not to be depressed during isolation by holding gymnastics every morning. , sunbathing and fun activities are held such as singing, dancing so that patients feel happy which can increase the patient's immunity although sometimes they also feel symptoms of stress.

Keywords: stress, COVID-19 patients, isolation