

DETERMINAN GANGGUAN MENTAL EMOSIONAL DI MASA PANDEMI COVID-19 PADA REMAJA SMA DI KOTA DEPOK 2021

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Abstrak

Gangguan mental emosional merupakan manifestasi dari kognisi, emosi, dan perilaku yang tidak normal yang dipengaruhi oleh faktor individu, sosial, dan lingkungan. Di masa pandemi Covid-19 terjadi kenaikan gangguan mental emosional khususnya pada kelompok usia remaja. Penelitian ini dilakukan untuk mengetahui determinan gangguan mental emosional di masa pandemi Covid-19 pada remaja SMA di Kota Depok. Desain studi yang digunakan adalah potong lintang, dengan populasi seluruh remaja SMA di Kota Depok dan *cluster sampling* pada 3 SMA di Kota Depok. Penelitian ini dimulai sejak September 2021 hingga Januari 2022. Pengumpulan data dilakukan pada Desember 2021 menggunakan kuesioner daring dengan sampel sebanyak 254 responden. Variabel dependen penelitian ini adalah kejadian gangguan mental emosional. Variabel independen yang diteliti adalah usia, jenis kelamin, adiksi terhadap media sosial, *cyberbullying*, *academic burnout*, *pandemic fatigue*, dan dukungan sosial. Analisis statistik dimulai dengan analisis univariat, dilanjutkan analisis bivariat menggunakan uji *chi square*, serta analisis multivariat dengan regresi logistik berganda. Dari uji bivariat didapatkan hasil berupa variabel jenis kelamin, adiksi terhadap media sosial, pelaku *cyberbullying*, *academic burnout*, *pandemic fatigue*, dan dukungan sosial yang rendah berhubungan terhadap gangguan mental emosional. Sementara pada hasil uji multivariat, determinan yang paling mempengaruhi kejadian gangguan mental emosional adalah adiksi terhadap media sosial (POR 9,581, 95% CI 2,906-31,588). Remaja dalam kategori adiksi terhadap media sosial berisiko 9,581 kali lebih tinggi mengalami gangguan mental emosional. Diharapkan siswa SMA di Kota Depok memperhatikan intensitas penggunaan media sosial agar tidak terjadi adiksi dan dampak buruknya bagi kesehatan mental. Pihak SMA di Kota Depok sebaiknya berkoordinasi dengan orang tua siswa dalam meningkatkan pengawasan penggunaan media sosial. Hasil penelitian ini harus menjadi pertimbangan bagi pemerintah Kota Depok untuk merumuskan kebijakan yang ramah remaja, serta mengedukasi masyarakat khususnya remaja mengenai pentingnya kesehatan mental.

Kata kunci: Gangguan mental emosional, Remaja, Depok, Pandemi Covid-19

DETERMINANTS OF EMOTIONAL MENTAL DISORDER DURING THE COVID-19 PANDEMIC IN SENIOR HIGH SCHOOL STUDENTS IN DEPOK CITY 2021

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Abstract

Mental-emotional disorder is a manifestation of abnormal cognition, emotion, and behavior,- influenced by individual, social, and environmental factors. During the Covid-19 pandemic, there was an increase in mental-emotional disorder, especially among adolescent. This study was conducted to find the determinants of emotional mental disorder during the Covid-19 pandemic in senior high school students in Depok City. This study used cross-sectional design with population all senior high school students in Depok City and cluster sampling to 3 senior high schools in Depok using the cluster sampling method. The study was conducted from September 2021 to January 2022. Data collection to 254 respondents was conducted in December 2021 using online questionnaire. The dependent variable of the study was the incidence of mental-emotional disorder. Independent variables in this study are age, sex, addiction to social media, cyberbullying, academic burnout, pandemic fatigue, and social support. Data analysed with univariate, bivariate, and multivariate analysis. Based on the results from bivariate analysis, is it known that sex, addiction to social media, cyberbullying actors, academic burnout, pandemic fatigue, and low social support affect mental-emotional disorder. The multivariate test show that the most influential determinant of mental-emotional disorder was addiction to social media (POR 9.581, 95% CI 2.906-31.588). Senior high school students in addiction to social media tend to be 9,581 times higher risk of experiencing mental-emotional disorder. It is expected that senior high school students in Depok City pay attention to the intensity of using social media so that there will be no addiction adverse impacts on mental health. Schools in Depok City should coordinate with students' parents in increasing the supervision of social media use. The result of this study should be considered by Depok City local government to formulate youth-friendly policies, as well as educating the public, especially adolescents about the importance of mental health.

Keywords: Emotional mental disorder, adolescent, Depok City, Covid-19
Pandemic