

HUBUNGAN ANTARA DUKUNGAN SOSIAL DENGAN RESILIENSI SAAT BENCANA COVID 19 PADA MAHASISWA FIKES UPN VETERAN JAKARTA

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Abstrak

Saat ini Indonesia sedang digemparkan oleh adanya bencana non alam, yaitu pandemi. Bencana Covid 19 membawa dampak bagi kesehatan fisik dan psikis. Resiliensi dan pertahanan diri yang baik tentunya sangat dibutuhkan bagi mahasiswa. Tentunya dengan beberapa faktor yang mampu meningkatkan resiliensi, seperti dukungan sosial. Tujuan penelitian ini untuk mengetahui hubungan antara Dukungan Sosial dengan Resiliensi saat bencana Covid 19 pada Mahasiswa FIKES UPN Veteran Jakarta. Metode penelitian dengan *Uji Chi Square*. Dalam penelitian ini menggunakan Kuesioner *The Connor-Davidson Resilience Scale* (CD RISC 25) dan *Multidimensional Scale Of Perceived Social Support* (MSPSS). Hasil uji validitas kuesioner MSPSS yaitu r hitung (0,342 – 0,801) dan kuesioner CD RISC 25 yaitu 0,439 – 0,761. Maka dapat dikatakan kedua kuesioner tersebut valid. Serta kedua kuesioner tersebut juga dinyatakan reliabel dengan nilai *Cronbach's Alpha* kuesioner MSPSS sebesar 0,738 dan nilai *Cronbach's Alpha* kuesioner CD RISC 25 sebesar 0,913. Populasi dalam penelitian ini adalah mahasiswa FIKES UPN Veteran Jakarta sebanyak 1724 mahasiswa. Setelah dilakukan perhitungan *Slovin* dan *Drop Out* didapatkan sebanyak 358 mahasiswa. Kemudian untuk mengambil sampel yang ada di setiap program studi peneliti menggunakan Teknik Sampel *stratified random sampling*. Hasil dari analisa hubungan antara dukungan sosial dengan resiliensi saat bencana Covid 19 pada mahasiswa FIKES UPN Veteran Jakarta didapatkan, menggunakan *Uji Chi Square* didapatkan nilai p value = 0,000 ($p < 0,05$). Semakin tinggi dukungan sosial yang diterima dan didapatkan, maka akan semakin tinggi dan baik pula tingkat resiliensi mahasiswa saat bencana Covid 19.

Kata Kunci : Bencana Covid 19, Dukungan Sosial, Resiliensi

THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND RESILIENCE DURING COVID 19 DISASTER IN JAKARTA UPN VETERANS FIKES STUDENTS

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Abstract

Currently, Indonesia is being shaken by a non-natural disaster, namely a pandemic. The COVID-19 disaster has had an impact on physical and psychological health. Good resilience and self-defense are certainly needed for students. Of course with several factors that can increase resilience, such as social support. The purpose of this study was to determine the relationship between Social Support and Resilience during the Covid 19 disaster in FIKES UPN Veterans Jakarta students. The research method is the Chi Square Test. In this study, the Connor-Davidson Resilience Scale (CD RISC 25) and Multidimensional Scale Of Perceived Social Support (MSPSS) questionnaires were used. The results of the validity test of the MSPSS questionnaire were r count (0.342 – 0.801) and the CD RISC 25 questionnaire was 0.439 – 0.761. So it can be said that both questionnaires are valid. And the two questionnaires were also declared reliable with the value of Cronbach's Alpha of the MSPSS questionnaire of 0.738 and the value of Cronbach's Alpha of the CD RISC 25 questionnaire of 0.913. The population in this study were students of FIKES UPN Veteran Jakarta as many as 1724 students. After calculating Slovin and Drop Out, there were 358 students. Then to take the existing samples in each study program the researcher used stratified random sampling technique. The results of the analysis of the relationship between social support and resilience during the Covid 19 disaster in FIKES UPN Veteran Jakarta students were obtained, using the Chi Square test, the p value = 0.000 ($p < 0.05$). The higher the social support received and obtained, the higher and better the level of student resilience during the Covid 19 disaster.

Keywords: Covid 19 Disaster, Social Support, Resilience