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ANALISIS KARAKTERISTIK KESEHATAN MENTAL SELAMA PANDEMI COVID-19



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KATA PENGANTAR

melimpahkan rahmat dan hidayah-Nya sehingga Penulis dapat menyelesaikan buku yang berjudul “Analisis karakteristik kesehatan mental selama pandemi COVID-19”

Ketakutan telah menjadi salah satu emosi yang paling sering dikaitkan dengan pandemi COVID-19. Ketidakpastian, kekhawatiran, kecemasan kesehatan, paparan media, kesehatan pribadi dan risiko terpapar pada orang terdekat adalah prediktor ketakutan akibat COVID-19. Ketakutan dapat mempengaruhi suasana hati atau perilaku orang tua dan memperburuk fungsi fisik, sosial dan kognitif mereka. Buku ini membahas bagaimana karakteristik mental selama pandemic covid-19.

Penulis menyadari bahwa penulisan ini masih jauh dari sempurna, maka dari itu Penulis mengharap saran beserta kritik yang bersifat membangun demi sempurnanya buku ini. Semoga buku ini bermanfaat bagi pembaca pada umumnya dan bagi penulis pada khususnya.

Surakarta, 1 Oktober 2021

Penulis

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BAB 1

PENDAHULUAN

Dengan tingkat infeksi yang sangat tinggi dan kematian yang relatif tinggi, individu secara alami mulai khawatir tentang COVID-19. Memang, ketakutan untuk menghubungi individu yang mungkin terinfeksi COVID-19 telah dilaporkan. Sayangnya, ketakutan dapat memperkuat kerusakan penyakit itu sendiri. Munculnya COVID-19 dan sifat pandeminya telah memperburuk ketakutan di seluruh dunia yang mengarah ke stigma dalam beberapa kasus (Huang et al. 2020a; Ahorsu et al., 2020). Salah satu sifat khas penyakit menular dibandingkan dengan kondisi lain adalah rasa takut. Ketakutan berhubungan langsung dengan tingkat dan medium penularannya (cepat dan tidak terlihat) serta morbiditas dan mortalitasnya. Hal ini selanjutnya mengarah pada tantangan psikososial lainnya termasuk stigmatisasi, diskriminasi, dan kehilangan (Pappas et al. 2009). Dengan tingkat ketakutan yang tinggi, individu mungkin tidak dapat berpikir jernih dan rasional ketika bereaksi terhadap COVID-19.

Wabah sebelumnya telah didokumentasikan terkait dengan peningkatan penyakit mental di antara populasi yang terkena dampak. Misalnya, selama wabah virus influenza H1N1 pada tahun 2009 di

Inggris, ada peningkatan 10-30% dalam tingkat kecemasan di antara penduduk (Rubin et al., 2010). Demikian pula, epidemi *severe acute respiratory syndrome* (SARS) juga dikaitkan dengan peningkatan depresi, kecemasan, dan morbiditas psikiatri di antara populasi (Sim et al., 2010). Wabah Ebola di Liberia, Guinea, dan Sierra Leone selama 2013–2016 berdampak pada kesejahteraan psikososial orang-orang di daerah yang terkena dampak (Van Bortel et al., 2016). Oleh karena itu, tidak mengherankan jika pandemi COVID-19 telah dikaitkan dengan peningkatan masalah kesehatan mental yang serius seperti kecemasan, stres, insomnia, ketakutan, kemarahan, dan gejala depresi pada orang dewasa (Torales et al., 2020).

Ketakutan telah menjadi salah satu emosi yang paling sering dikaitkan dengan pandemi COVID-19 (Rahman et al., 2020). Ketidakpastian, kekhawatiran, kecemasan kesehatan, paparan media, kesehatan pribadi dan risiko terpapar pada orang terdekat adalah prediktor ketakutan akibat COVID-19. Ketakutan dapat mempengaruhi suasana hati atau perilaku orang tua dan memperburuk fungsi fisik, sosial dan kognitif mereka (Steimer, 2002; Mertens et al., 2020).

Studi sebelumnya telah menunjukkan bahwa pandemi berdampak memperburuk psikologis populasi (Torales et al., 2020; Wang et al., 2020; Brooks et al., 2020). Sebuah studi longitudinal pada kesehatan mental dari populasi menunjukkan bahwa populasi yang berusia antara 12-21 tahun menerima dampak psikologis COVID-19 yang lebih tinggi di Cina (Wang et al., 2020). Sebuah studi fenomenologis menunjukkan bahwa mahasiswa mengalami peningkatan emosi negatif, kebingungan dan pesimisme, gangguan tidur, ketakutan, kekhawatiran tentang kesehatan keluarga, masalah ekonomi, dan sosial karena COVID-19.

Kecemasan dapat dipicu oleh rasa takut terinfeksi COVID-19 (Huang et al., 2020; Savitsky et al., 2020). Ketakutan akan COVID-19 secara langsung terkait dengan tingkat morbiditas dan mortalitas COVID-19. Pandemi dan epidemi dapat menimbulkan ketakutan pada masyarakat (Alici et al., 2021).

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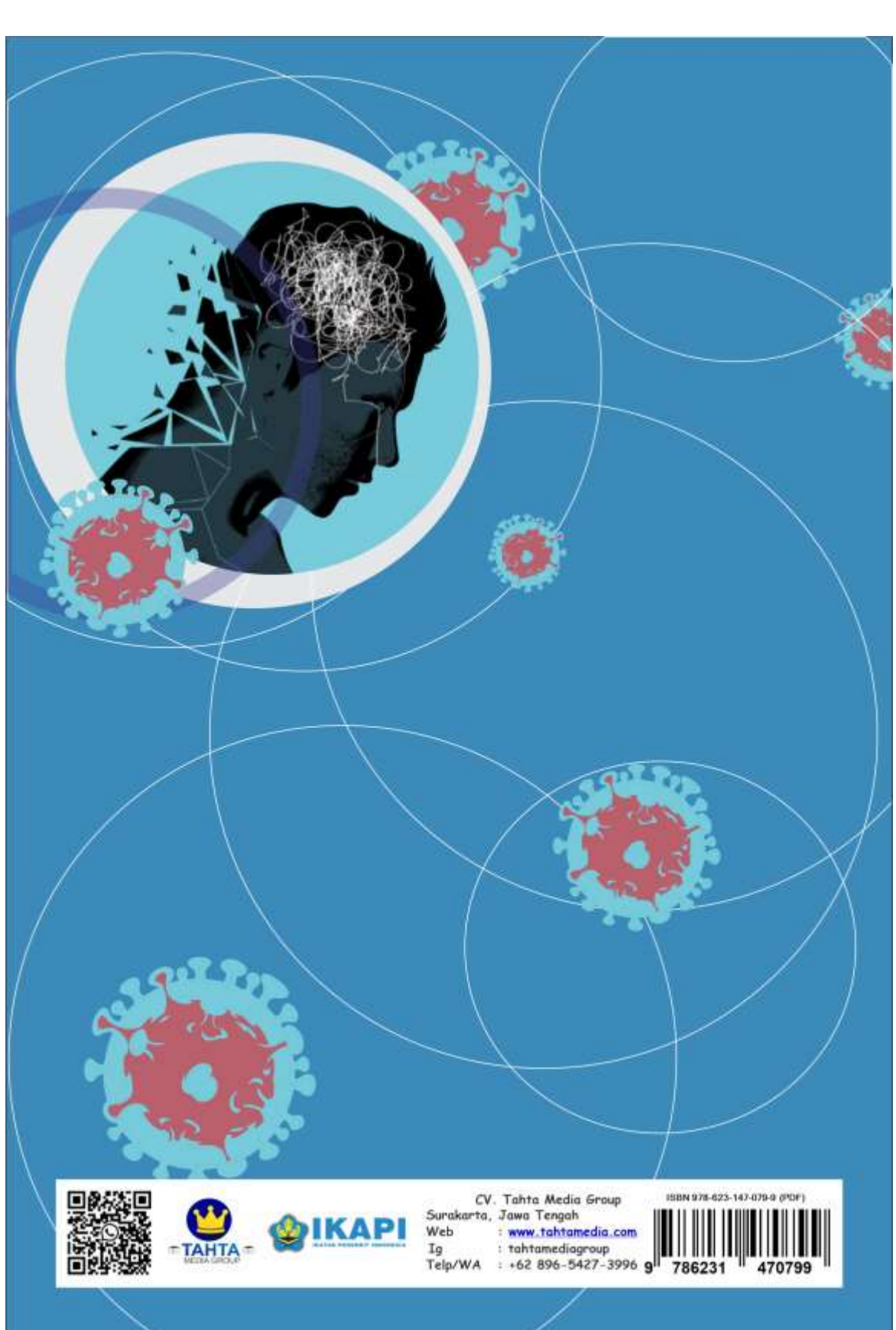
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