

ABSTRAK

Dampak pandemi Covid-19 di bidang pelayanan kesehatan sangat signifikan terutama bagi pekerja di rumah sakit, sehingga dapat memicu terjadinya stres, cemas dan depresi akibat kerja. Penelitian ini bertujuan untuk mengetahui gambaran tingkat risiko stres, cemas dan depresi akibat kerja pada pekerja di RS X Kabupaten Tangerang selama masa pandemi Covid-19 tahun 2021. Jenis dan rancangan penelitian menggunakan observasional analitik dan *cross-sectional*. Data demografi seperti usia, jenis kelamin, masa kerja, status pernikahan, tingkat pendidikan dan unit kerja digunakan untuk mengetahui karakteristik pekerja di RS X. Pengukuran tingkat risiko stres, cemas dan depresi akibat kerja menggunakan kuesioner DASS-21. Metode pengumpulan data dengan kuesioner, wawancara dan data observasi. Sampel pada penelitian ini berjumlah 109 sampel yang dipilih dengan Teknik *Purposive Sampling*. Digunakan uji analisis univariat untuk melihat distribusi frekuensi dan presentase dari tiap variabel. Hasil penelitian menunjukkan sebanyak 50 pekerja (45,8%) yang mengalami risiko stres akibat kerja, sebanyak 36 pekerja (33%) yang mengalami risiko cemas dan sebanyak 4 pekerja (3,7%) yang mengalami risiko depresi akibat kerja di RS X Kab. Tangerang. Disarankan perlu diadakan pendidikan dan pelatihan terkait kesehatan mental bagi pekerja di RS X untuk menambah motivasi pekerja, meningkatkan pelaksanaan pengawasan pekerja yang bermasalah dengan kesehatan mental, dibuatkan jam pelayanan konsultasi khusus untuk pekerja yang bermasalah dengan kesehatan mental, dilakukannya sosialisasi atau promosi kesehatan terkait kesehatan mental di beberapa titik informasi agar terlihat oleh pekerja.

Kata Kunci : Covid-19, Stres, Cemas, Depresi, DASS-21

ABSTRACT

The impact of the Covid-19 pandemic in the field of health services is very significant, especially for workers in hospitals, so it can trigger stress, anxiety and depression due to work. This study aims to describe the level of risk of stress, anxiety and depression due to work in workers at RS X Tangerang Regency during the Covid-19 pandemic in 2021. The type and design of the study used observational analytic and cross-sectional. Demographic data such as age, gender, years of service, marital status, education level and work unit were used to determine the characteristics of workers in RS X. The measurement of the level of risk of stress, anxiety and depression due to work used the DASS-21 questionnaire. Methods of data collection by questionnaires, interviews and observation data. The sample in this study amounted to 109 samples selected by the Purposive Sampling Technique. Univariate analysis test was used to see the distribution of frequency and percentage of each variable. The results showed as many as 50 workers (45.8%) who experienced the risk of work-related stress, as many as 36 workers (33%) who experienced the risk of anxiety and as many as 4 workers (3.7%) who experienced the risk of depression due to work at RS X Kab. Tangerang. It is recommended that education and training related to mental health be held for workers in X Hospital to increase worker motivation, improve the implementation of supervision of workers with mental health problems, make special consulting service hours for workers with mental health problems, conduct socialization or health promotion related to mental health. at several points of information to be visible to workers.

Keywords: Covid-19, Stress, Anxiety, Depression, DASS-21