

## ABSTRAK

Pandemi Covid-19 membuat tenaga kesehatan di seluruh dunia mengalami gangguan kesehatan mental. Gejala gangguan stres pasca trauma, gejala kecemasan dan depresi nonspesifik merupakan manifestasi utama dari gangguan kesehatan mental yang dialami tenaga kesehatan. Tujuan penelitian ini untuk menganalisis dampak psikologis terhadap kesehatan mental tenaga kesehatan di masa pandemi Covid-19.

Penelitian ini adalah studi analitik dengan pendekatan potong lintang (*cross sectional*). Penelitian dilakukan di RS Putri Hijau Tk. II Medan. Populasi penelitian sebanyak 215 orang dan sampel 68 orang. Penarikan sampel dengan cara *purposive sampling*. Analisis data secara univariat, bivariat dengan uji *chi-square*, dan multivariat dengan regresi logistik berganda pada tingkat kepercayaan 95% ( $\alpha=0,05$ ).

Hasil penelitian menunjukkan bahwa faktor-faktor yang mempengaruhi kesehatan mental tenaga kesehatan pada masa pandemi Covid-19 di Rumah Sakit Putri Hijau Tingkat II Medan yaitu umur ( $p=0,015$ ), stres ( $p=0,026$ ), cemas ( $p=0,039$ ), dan depresi ( $p=0,009$ ). Variabel depresi merupakan variabel yang paling dominan mempengaruhi kesehatan mental tenaga kesehatan pada masa pandemi Covid-19 di RS Putri Hijau Medan dengan nilai  $\text{Exp(B)}/\text{OR} = 16,053$  artinya tenaga kesehatan yang mengalami depresi berat, berpeluang kesehatan mentalnya maladaptif sebesar 16 kali lebih tinggi dibandingkan tenaga kesehatan yang mengalami depresi ringan.

Dampak psikologis kesehatan mental tenaga kesehatan pada masa pandemi Covid-19 yaitu umur, stres, cemas dan depresi. Disarankan pada pimpinan RS Putri Hijau Medan terus memonitor kesehatan mental tenaga kesehatan dalam memberikan pelayanan pada masa pandemi Covid-19 yang dilakukan secara berkala setiap bulan untuk mengetahui keluhan-keluhan dan tanda gejala yang dirasakan tenaga kesehatan untuk mengidentifikasi stres, cemas dan depresi.

**Kata Kunci :** Dampak Psikologis, Kesehatan Mental, Tenaga Kesehatan, Covid-19

## **ABSTRACT**

*The Covid-19 pandemic has left health workers around the world experiencing mental health problems. Symptoms of post-traumatic stress disorder, non-specific symptoms of anxiety and depression are the main manifestations of mental health disorders experienced by health workers. The purpose of this study was to analyze the psychological impact on the mental health of health workers during the Covid-19 pandemic.*

*This research is an analytic study with a cross sectional approach. The research was conducted at Putri Hijau Hospital Tk. II Medan. The study population was 215 people and a sample of 68 people. Sampling by purposive sampling. Data analysis was univariate, bivariate with chi-square test, and multivariate with multiple logistic regression at 95% confidence level ( $\alpha=0.05$ ).*

*The results showed that the factors affecting the mental health of health workers during the Covid-19 pandemic at the Putri Hijau Hospital Level II Medan were age ( $p=0.015$ ), stress ( $p=0.026$ ), anxiety ( $p=0.039$ ), and depression ( $p=0.009$ ). The depression variable is the most dominant variable affecting the mental health of health workers during the Covid-19 pandemic at the Putri Hijau Hospital in Medan with a value of  $\text{Exp(B)}/\text{OR} = 16,053$  meaning that health workers who experience severe depression have a 16 times higher chance of having maladaptive mental health. compared to those with mild depression.*

*The psychological impact of mental health on health workers during the Covid-19 pandemic is age, stress, anxiety and depression. It is recommended that the leadership of the Putri Hijau Hospital in Medan continue to monitor the mental health of health workers in providing services during the Covid-19 pandemic which is carried out regularly every month to find out the complaints and signs of symptoms felt by health workers to identify stress, anxiety and depression.*

***Keywords: Psychological Impact, Mental Health, Health Workers, Covid-19***