

RINGKASAN

Menurut data WHO, angka rata-rata kematian akibat Covid-19 di Indonesia terbilang tinggi, melebihi rata-rata dunia. Salah satu dampak dari tingginya tingkat kematian akibat Covid-19 adalah munculnya stigma pada penderita maupun penyintas Covid-19. Stigma dapat memberikan gangguan kesehatan mental yang berujung kepada penurunan imun penderita Covid-19. Penelitian ini bertujuan mengetahui cara resiliensi penyintas Covid-19 dalam menghadapi stigma masyarakat dan mengetahui perubahan interaksi sosial yang dialami penyintas Covid-19.

Penelitian yang dilakukan di Desa Brecek, Kecamatan Kaligondang, Kabupaten Purbalingga ini menggunakan metode penelitian kualitatif dengan pendekatan fenomenologi. Teknik penentuan informan menggunakan *purposive sampling*, teknik pengumpulan data dengan metode wawancara dan observasi langsung. Analisis data menggunakan teknik analisis tematik. Validasi data dengan cara triangulasi sumber data dan *member-checking*. Subjek penelitian sebanyak 5 orang, terdiri dari dua orang penyintas Covid-19, satu orang Tim Satgas Covid-19, satu orang anggota PKK, dan satu orang warga yang tinggal di luar Desa Brecek.

Hasil penelitian menunjukkan bahwa ditemukan stigma masyarakat kepada penyintas Covid-19. Stigma tersebut berbentuk anggapan bahwa penyintas Covid-19 masih dapat menularkan virus, dan ada juga anggapan bahwa mereka adalah orang-orang yang tidak taat terhadap aturan. Ditemukan juga fakta bahwa terjadi perubahan dalam hal interaksi sosial yang dialami penyintas Covid-19. Mereka mengalami kesulitan melakukan interaksi sosial secara langsung dengan masyarakat, khususnya ketika mereka masih menjalani isolasi mandiri. Oleh karena itu, interaksi sosial yang mereka lakukan kebanyakan menggunakan media sosial. Menghadapi stigma masyarakat, para penyintas Covid-19 melakukan penguatan resiliensi yang ada pada dirinya. Penyintas dengan resiliensi yang kuat lebih bisa mengatasi stigma. Sebaliknya, penyintas dengan resiliensi rendah cukup kesulitan untuk menghadapi stigma tersebut. Ada beberapa rekomendasi berdasarkan hasil penelitian ini, yakni diharapkan pemerintah memberikan pendampingan terhadap penyintas Covid-19; penyintas Covid-19 diharapkan tidak terlalu memikirkan stigma masyarakat; dan masyarakat diharapkan tidak lagi memandang penyintas Covid-19 sebagai orang yang berbahaya.

SUMMARY

According to WHO data, the average death rate from Covid-19 in Indonesia is high, exceeding the world average. One of the impacts of the high death rate due to Covid-19 is the emergence of stigma on sufferers and survivors of Covid-19. Stigma can cause mental health problems that lead to a decrease in the immunity of Covid-19 sufferers. This study aims to determine the resilience of Covid-19 survivors in dealing with community stigma and to find out the changes in social interaction experienced by Covid-19 survivors.

The research was conducted in Brecek Village, Kaligondang District, Purbalingga Regency, used a qualitative research method with a phenomenological approach. The technique of determining the informants used purposive sampling, data collection techniques with interviews and direct observation. Data analysis used thematic analysis techniques. Validation of data by means of triangulation of data sources and member-checking. The research subjects were 5 people, consisting of two Covid-19 survivors, one Covid-19 Task Force Team, one PKK member, and one resident who lived outside Brecek Village.

The results of the study showed that there was a stigma from society towards Covid-19 survivors. The stigma is in the form of the assumption that Covid-19 survivors can still transmit the virus, and they are people who do not obey the rules. It was also found that there was a change in the social interactions experienced by Covid-19 survivors. They have difficulty doing social interaction directly with the community, especially when they are still in self-isolation. Therefore, most of their social interactions use social media. Facing the stigma of society, the survivors of Covid-19 are strengthening their resilience. Survivors with strong resilience are better able to overcome the stigma. On the other hand, survivors with low resilience find it difficult to deal with the stigma. There are several recommendations based on the results of this study, namely that the government is expected to provide assistance to Covid-19 survivors; Covid-19 survivors are expected not to think too much about society's stigma; and the public is expected to no longer view Covid-19 survivors as dangerous people.