STUDI TENTANG PERSEPSI KEBUTUHAN LAYANAN KESEHATAN MENTAL SELAMA PANDEMI COVID-19 DI KABUPATEN BANYUMAS

ABSTRAK

Latar Belakang: Pandemi COVID-19 menimbulkan banyaknya gangguan pada kesehatan mental yang dialami oleh masyarakat. Kondisi tersebut meningkatkan kebutuhan akan bantuan profesional (psikiater) untuk mengatasi permasalahan kesehatan mental yang muncul. Penelitian sebelumnya menunjukkan bahwa 75% subjek penelitian merasa memerlukan bantuan kesehatan mental akibat ketakutan dan kecemasan yang disebabkan oleh pandemi.

Tujuan: Mengetahui persepsi kebutuhan layanan kesehatan mental selama pandemi COVID-19 di Kabupaten Banyumas.

Metode: Penelitian ini merupakan penelitian observasional deskriptif pada populasi target masyarakat umum di Kabupaten Banyumas. Penelitian ini menggunakan kuesioner yang terdiri dari 4 pertanyaan. Kuesioner disebarkan dalam bentuk *google form* yang diambil secara daring melalui aplikasi pengiriman pesan pribadi *LINE, Whatsapp,* dan *Instagram.* Jumlah responden dalam penelitian ini sebanyak 738 orang.

Hasil: Hasil penelitian ini menunjukkan masyarakat Kabupaten Banyumas yang senang berbicara dengan seseorang tentang kekhawatiran akan epidemi virus COVID- 19 sebanyak 276 orang (37,4%), perlu mendapatkan bantuan kesehatan mental jika seseorang panik akibat situasi Pandemi sebanyak 618 orang (83,7%), merasa bermanfaat jika profesional kesehatan mental membantu orang dalam menghadapi situasi pandemi COVID-19 saat ini sebanyak 667 orang (90,4%), dan akan menyarankan orang lain mendapatkan bantuan kesehatan mental kepada orang yang sangat terpengaruh oleh pandemi COVID-19 sebanyak 610 orang (82,7%).

Kesimpulan: Berdasarkan penelitian yang telah dilakukan maka dapat ditarik kesimpulan bahwa layanan kesehatan mental selama pandemi COVID-19 sangat dibutuhkan oleh masyarakat di Kabupaten Banyumas.

Kata Kunci : COVID-19, Kabupaten Banyumas, Layanan Kesehatan Mental, Persepsi.

STUDY ON PERCEPTIONS OF THE NEED FOR MENTAL HEALTH SERVICES DURING THE COVID-19 PANDEMIC IN BANYUMAS DISTRICT

ABSTRACT

Background : *The COVID-19 pandemic has caused many mental health problems experienced by the community. This condition increases the need for professional help (psychiatrist) to overcome mental health problems that arise. Previous research showed that 75% of study subjects felt they needed mental health assistance due to the fear and anxiety caused by the pandemic.*

Objective : *Knowing the perception of the need for mental health services during the COVID-19 pandemic in Banyumas District.*

Methods : *This research was an descriptive observational study on the target population of the general public in Banyumas District. This study used a questionnaire consisting of 4 questions. The questionnaire was distributed in the form of a google form which was taken online through the private messaging application LINE, Whatsapp, and Instagram. 738 persons in total participated in the survey as responders.*

Results : *The results of this study shown that 276 people (37.4%) of the people of Banyumas District likes to talk to someone about their concerns about the COVID-19 virus epidemic (37.4%), need to get mental health assistance if someone panics due to the Pandemic situation as many as 618 people (83.7%), felt it would be beneficial if mental health professionals helped people in dealing with the current COVID-19 pandemic situation as many as 667 people (90.4%), and would advised others to get mental health assistance to people who were severely affected by the COVID-19 pandemic as many as 610 people (82.7%).*

Conclusion : *Based on the research that has been done, it can be concluded that mental health services during the COVID-19 pandemic are very much needed by the people in Banyumas District.*

Keyword : Banyumas District, COVID-19, Mental Health Services, Perception.