

**HUBUNGAN DUKUNGAN SOSIAL DENGAN KEJADIAN *COMMON MENTAL DISORDERS* (CMDS) PADA IBU HAMIL TERKAIT COVID-19
DI KABUPATEN BANYUMAS**

ABSTRAK

Latar Belakang: *World Health Organization* (WHO) mendeklarasikan *Coronavirus Disease-19* (COVID-19) sebagai masalah kesehatan dunia pada 11 Maret 2020, tercatat sebanyak 32 juta kasus dan 984,590 kematian di seluruh dunia. Pembatasan sosial diberlakukan agar dapat mencegah penularan lebih lanjut. Pembatasan ini memiliki hubungan dengan meningkatnya prevalensi kecemasan pada wanita hamil, terutama pada trimester pertama kehamilan. Kehamilan merupakan kondisi dimana fungsi pertahanan dan fisiologis tubuh terus berubah, dimana wanita hamil lebih rentan terhadap infeksi. Kemunculan dari *Coronavirus Disease-19* (COVID-19) berdampak kepada kondisi psikologis masyarakat.

Tujuan: Mengetahui hubungan dukungan sosial dengan kejadian *common mental disorders* (CMDs) pada ibu hamil terkait pandemi COVID-19 di Kabupaten banyumas

Metode: Penelitian ini merupakan penelitian analitik observasional menggunakan pendekatan Cross sectional study pada populasi target ibu hamil di Kabupaten Banyumas. Penelitian ini menggunakan kuisioner WHO-SSQ-6 dan WHO-SRQ-20. Teknik pengambilan sampel menggunakan snowball sampling sebanyak 1543 responden. Teknik analisis data dengan menggunakan uji Chi square.

Hasil: Dihasilkan bahwa terdapat hubungan signifikan antara hubungan dukungan sosial dengan kejadian *common mental disorders* (CMDs) pada ibu hamil. Kemudian, didapatkan nilai *prevalence ratio* sebesar 1,76, yang memiliki makna bahwa ibu hamil yang memiliki dukungan sosial yang rendah beresiko 1,76 kali untuk mengidap CMDs. Analisis bivariat menggunakan uji *Chi square* diperoleh nilai *p value* = 0,000 ($p < 0,05$).

Kesimpulan: Terdapat hubungan antara dukungan sosial dengan kejadian *common mental disorders* (CMDs) pada ibu hamil terkait Covid-19 di Kabupaten Banyumas. Ibu hamil yang memiliki dukungan sosial yang rendah beresiko 1,76 mengidap CMDs

Kata Kunci : *Common Mental Disorders*, COVID-19, Dukungan sosial, Ibu Hamil

THE CORRELATION BETWEEN SOCIAL ASSISTANCE AND COMMON MENTAL DISORDERS (CMDs) OCCURRENCE IN PREGNANT WOMEN RELATED TO COVID-19 IN BANYUMAS REGENCY

ABSTRACT

Background: The World Health Organization (WHO) declared Coronavirus Disease-19 (COVID-19) as a pandemic on March 11, 2020, with 32 million cases recorded and 984,590 deaths worldwide. Social restrictions were imposed in order to prevent the spread of COVID-19. This limitation was related to the increasing prevalence of anxiety in pregnant women, especially in the first trimester. Pregnancy was a condition where the body's defense and physiological functions constantly change, and pregnant women are more vulnerable to infection. The emergence of Coronavirus Disease-19 (COVID-19) had an impact on the psychological condition of society.

Objective: To determine the correlation between social assistance and the occurrence of common mental disorders (CMDs) in pregnant women related to the COVID-19 pandemic in Banyumas Regency.

Methods: This study was an observational analytic study using Cross-sectional study approach targeting pregnant women in the Banyumas Regency. This study employed the WHO-SSQ-6 and WHO-SRQ-20 questionnaires. The sampling technique used snowball sampling of approximately 1543 respondents. The data analysis technique made use of the Chi-square test.

Results: It proved a significant correlation between social assistance and the occurrence of common mental disorders (CMDs) in pregnant women. Then, a prevalence ratio of 1.76 was obtained, meaning that pregnant women with low social support are at a risk of 1.76 times for developing CMDs. Bivariate analysis using the Chi-square test obtained a p-value = 0.000 ($p < 0.05$).

Conclusion: The study strongly manifested the correlation between social assistance and the occurrence of common mental disorders (CMDs) in pregnant women related to Covid-19 in Banyumas Regency. Pregnant women with low social assistance were at a 1.76 risk of developing CMDs.

Keywords: *Common Mental Disorders, COVID-19, Social Assistance, Pregnant Mother*