

HUBUNGAN PENGETAHUAN, KECEMASAN DENGAN PERSEPSI KEBUTUHAN PERAWATAN KESEHATAN MENTAL PADA MASYARAKAT DI KABUPATEN BANYUMAS SELAMA PANDEMI COVID-19

ABSTRAK

Latar Belakang: Menghadapi COVID-19 tidak dapat terlepas dari komunikasi risiko dan pemberdayaan masyarakat yang bertujuan untuk meningkatkan kesadaran individu dan mendorong perilaku protektif. Kemunculan dan penyebaran COVID-19 dapat menyebabkan tekanan kognitif, kecemasan dan ketakutan di masyarakat. Oleh karena itu, Dukungan Kesehatan Jiwa dan Psikososial (DKJPS) sangat penting diperhatikan selama pandemi COVID-19. **Tujuan:** Mengetahui hubungan atau perbedaan antara pengetahuan dengan persepsi kebutuhan perawatan kesehatan mental; mengetahui hubungan atau perbedaan antara kecemasan dengan persepsi kebutuhan perawatan kesehatan mental; dan mengetahui hubungan antara pengetahuan, kecemasan dengan persepsi kebutuhan perawatan kesehatan mental pada masyarakat di Kabupaten Banyumas selama pandemi COVID-19. **Metode:** Penelitian *cross sectional* dan diikuti oleh 454 responden dari masyarakat di Kabupaten Banyumas selama pandemi COVID-19 yang memenuhi kriteria inklusi dan eksklusi. Penelitian ini menggunakan kuesioner yang terdiri dari 18 pertanyaan. Kuesioner disebarkan dalam bentuk *google form (soft file)* ke media sosial dan bentuk kertas (*hard copy*) dengan perantara Lembaga Kemasyarakatan. Penelitian ini dilaksanakan dari 28 Oktober - 28 November 2020. **Hasil:** Masyarakat Kabupaten Banyumas sebagian besar memiliki tingkat pengetahuan tinggi sebanyak 328 orang (72,25%), tidak memiliki gangguan cemas sebanyak 445 orang (98,02%), dan tingkat persepsi kebutuhan perawatan kesehatan mental tinggi sebanyak 414 orang (91,19%). **Kesimpulan:** Terdapat perbedaan persepsi kebutuhan perawatan kesehatan mental pada masyarakat Kabupaten Banyumas dengan tingkat pengetahuan terhadap COVID-19 rendah dan sedang, serta rendah dan tinggi; tidak terdapat hubungan atau perbedaan antara kecemasan dengan persepsi kebutuhan perawatan kesehatan mental; dan analisis multivariat tidak dapat dilakukan karena hanya variabel pengetahuan terhadap persepsi kebutuhan perawatan kesehatan mental yang memenuhi syarat $p < 0,25$

Kata kunci: COVID-19, Kabupaten Banyumas, Kecemasan, Perawatan Kesehatan Mental, Persepsi

CORRELATION KNOWLEDGE, ANXIETY WITH PERCEIVED MENTAL HEALTH CARE NEEDS IN THE COMMUNITY IN BANYUMAS REGENCY DURING COVID-19 PANDEMIC

ABSTRACT

Background: Dealing with COVID-19 could not be separated from Risk Communication and Community Empowerment, aiming to increase individual awareness and encourage protective behaviour. The emergence and spread of COVID-19 could cause cognitive distress, anxiety, and fear in society. Therefore, it was essential to pay attention to Mental and Psychosocial Health Support (DKJPS) during the COVID-19 pandemic. **Objectives:** To determine the relationship between knowledge and perceived mental health care needs; knowing the relationship between anxiety and perceived mental health care needs; and understanding the relationship between knowledge, anxiety, and perceived mental health care needs in the community in Banyumas Regency during the COVID-19 pandemic. **Methods:** This study was cross-sectional and followed by 454 respondents from the community in Banyumas Regency during the COVID-19 pandemic who met the inclusion and exclusion criteria. This study used a questionnaire consisting of 18 questions. The questionnaire was distributed in google form (soft file) to social media and in-paper form (hard copy) with the intermediary of social institutions. This research was conducted from 28 October - 28 November 2020. **Results:** Most of the people of Banyumas Regency had a high level of knowledge as many as 328 people (72.25%), did not have anxiety disorders as many as 445 people (98.02%), and the level of perceived needs high mental health care as many as 414 people (91.19%). **Conclusion:** Among the people of Banyumas Regency, there were discrepancies in the perceived need for mental health care with low and moderate levels of COVID-19 knowledge and low and high; there was no association or discrepancy between anxiety and perceived needs for mental health care; multivariate analysis could not be conducted because only the variable of knowledge on the perceived needs of mental health services meets the criteria of $p < 0.05$.

Keywords: COVID-19, Banyumas Regency, Anxiety, Mental Health Care, Perceived