

Peran Tendensi *Dysfunctional Grief* Atas Kehilangan Selama Pandemi COVID-19 terhadap Kecenderungan Depresi

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Abstract. COVID-19 has killed many lives from all over the world. Many people are grieving the loss of a family member due to COVID-19 and potentially have a tendency to experience depression. This study aims to determine the relationship between dysfunctional grief tendencies for the loss of family members due to COVID-19 and non-COVID-19 with depression tendencies, differences in the levels of dysfunctional grief tendencies and depression tendencies of survivors of losing their family due to COVID-19 and non-COVID-19. Participants in this study were aged 18-40 years who lost a family member due to COVID-19 or non-COVID-19 illness during the pandemic. The measuring instruments used are The Patient Health Questionnaire-9 (PHQ-9) and the Pandemic Grief Scale (PGS). The results of simple linear regression analysis prove that dysfunctional grief plays a role in the level of depression in survivors of COVID-19 loss with a contribution of 57.7% ($p < 0.05$) and 42.5% in non-COVID-19 bereavement survivors. Then, the dysfunctional grief tendency between survivors of COVID-19 and non-COVID-19 has a significant difference, but there is no difference in the tendency for depression in the two groups.

Keyword: COVID-19, dysfunctional grief, grief, depression tendency

Abstrak. COVID-19 telah menelan banyak korban jiwa dari seluruh penjuru dunia. Banyak orang yang berduka karena kehilangan anggota keluarga akibat COVID-19 dan berpotensi memiliki kecenderungan mengalami depresi. Penelitian ini bertujuan untuk mengetahui hubungan tendensi *dysfunctional grief* atas kehilangan anggota keluarga akibat COVID-19 dan non-COVID-19 dengan kecenderungan depresi, perbedaan tingkat tendensi *dysfunctional grief* maupun tingkat kecenderungan depresi penyintas kehilangan keluarga akibat COVID-19 dengan non-COVID-19. Partisipan penelitian ini berusia 18-40 tahun yang kehilangan anggota keluarga akibat sakit COVID-19 maupun non-COVID-19 selama pandemi. Alat ukur yang digunakan adalah *The Patient Health Questionnaire-9* (PHQ-9) dan *Pandemic Grief Scale* (PGS). Hasil analisis regresi linear sederhana membuktikan bahwa *dysfunctional grief* berperan dalam tingkat kecenderungan depresi pada penyintas kehilangan COVID-19 dengan sumbangan sebesar 57,7 % ($p < 0,05$) dan 42,5% pada penyintas kehilangan non-COVID-19. Kemudian, tendensi *dysfunctional grief* antara penyintas kehilangan COVID-19 dan non-COVID-19 memiliki perbedaan yang signifikan, namun kecenderungan depresi kedua kelompok tidak memiliki perbedaan.

Kata kunci: COVID-19, dysfunctional grief, grief, kecenderungan depresi