

HUBUNGAN ANTARA *FEAR OF COVID-19* DENGAN KECENDERUNGAN DEPRESI PADA PENYANDANG DIABETES MELLITUS TIPE 2 DI PUSKESMAS MLATI II KABUPATEN SLEMAN

INTISARI

Latar belakang: Tingginya angka kejadian COVID-19, tingkat penularan, morbiditas dan mortalitas, stigmatisasi penyintas, dan berbagai adaptasi kenormalan baru menyebabkan fenomena *fear of COVID-19*. *Fear of COVID-19* menjadi fenomena pada seluruh lapisan masyarakat terutama pada kelompok resiko tinggi termasuk penyandang diabetes mellitus (DM). *Fear of COVID-19* yang berkepanjangan akan menimbulkan berbagai gangguan kesehatan mental seperti cemas dan depresi. Adanya komorbid depresi pada penyandang DM akan menurunkan kepatuhan terapi, memperburuk *outcome*, menurunkan kualitas serta meningkatkan mortalitas pada penyandang DM. Penelitian mengenai *fear of COVID-19* pada penyandang DM belum banyak dilakukan. Penelitian ini penting untuk dilakukan sebagai dasar acuan pencegahan dan tatalaksana komorbid depresi pada penyandang DM.

Tujuan penelitian: Untuk mengetahui hubungan positif antara *fear of COVID-19* dengan kecenderungan depresi pada penyandang diabetes mellitus tipe 2 di Puskesmas Mlati II Kabupaten Sleman.

Metode: Penelitian ini merupakan penelitian analitik observasional dengan rancangan *cross-sectional*. Subjek penelitian adalah 43 penyandang DM tipe 2 di Puskesmas Mlati II Kabupaten Sleman. Skor *fear of COVID-19* diukur dengan instrumen *Fear of COVID-19 Scale* (FCV-19S) dan kecenderungan depresi diukur menggunakan *Patient Health Questionnaire-9* (PHQ-9). Analisis data menggunakan uji korelasi *Spearman rank correlation*, *Mann Whitney*, *Kruskal Wallis* serta uji regresi linear dengan tingkat kemaknaan $p < 0.05$

Hasil : Hasil penelitian ini menunjukkan adanya hubungan yang bermakna antara skor *fear of COVID-19* dengan kecenderungan depresi dengan keeratan hubungan lemah ($p=0,042$, $r=0,312$). Uji regresi liner menunjukkan bahwa variabel yang berpengaruh terhadap kecenderungan depresi adalah *fear of COVID-19* ($\beta=0,452$; $p=0,041$; $CI=0,018-0,885$)

Kesimpulan: Terdapat hubungan positif yang bermakna antara *fear of COVID-19* dengan kecenderungan depresi pada penyandang DM tipe 2 di Puskesmas Mlati II Kabupaten Sleman

Kata kunci: diabetes mellitus tipe 2, *fear of COVID-19*, Kabupaten Sleman, kecenderungan depresi, Puskesmas Mlati 2

Association between Fear of COVID-19 and Depression among People with Type 2 Diabetes Mellitus at the Mlati II Public Health Center, Sleman Regency

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ABSTRACT

Background: The high incidence of COVID-19, the rate of transmission, morbidity and mortality, stigmatization of survivors, and various adaptations to the new normal have triggered the phenomenon of fear of COVID-19 in all levels of society, particularly in high-risk groups including people with diabetes mellitus (DM). Depression in people with diabetes will reduce compliance to therapy, worsen therapy outcomes, increase mortality, and reduce quality of life for people with diabetes. Fear of COVID-19 can trigger depression, but research on fear of COVID-19 in people with DM is still limited. This study is important because the results can be used as a reference for early detection and prevention of depression in people with DM.

Research objectives: To identify the association between fear of COVID-19 and depression in people with type 2 diabetes mellitus at the Mlati II Public Health Center, Sleman Regency, Yogyakarta Special Region Province.

Methods: This study was an observational analytical study with a cross-sectional design involving 43 people with type 2 diabetes. Fear of COVID-19 was measured with the *Fear of COVID-19 Scale* (FCV-19S) and the tendency to depression was measured using the *Patient Health Questionnaire-9* (PHQ-9). The data were analyzed using the Spearman correlation test, Comparative tests of Mann Whitney and Kruskal Wallis test and linear regression test, with the significance level of the statistical test at $p < 0.05$.

Result: There was a statistically significant but weak association between fear of COVID-19 and depression ($p=0.042$, $r=0.312$). The linear regression test showed that the variable that influenced depression was fear of COVID-19 ($\beta= 0.452$; $p=0.041$; $CI=0.018-0.885$).

Conclusion: There is a positive and significant association between fear of COVID-19 and depression among people with type 2 diabetes mellitus at the Mlati II Public Health Center, Sleman Regency, Yogyakarta Special Region.

Keywords: depression, Fear of COVID-19, , Mlati II Public Health Center, Sleman Regency, type 2 diabetes mellitus