

## INTISARI

**Latar Belakang:** Virus COVID-19 dapat menyerang siapa saja, dan risikonya infeksi meningkat pada populasi rentan, salah satunya orang dengan kekebalan tubuh rendah seperti pada ODHA. Pandemi COVID-19 memberikan dampak yang tak terhindarkan yaitu kecemasan bagi masyarakat. Bagi ODHA, beberapa keadaan yang dihadapi selama pandemi seperti risiko terpapar, hambatan pengobatan, dan stigma menjadi penyebab perburukan mental seperti kecemasan yang memberi dampak buruk bagi ODHA.

**Tujuan Penelitian:** Mengetahui gambaran kecemasan ODHA pada masa pandemi COVID-19 di RSUP Dr. Sardjito Yogyakarta dan gambaran kecemasan berdasarkan karakteristik demografi ODHA.

**Metode:** Penelitian ini merupakan penelitian deskriptif-kuantitatif dengan rancangan *cross sectional study*. Responden berjumlah 114 ODHA di RSUP Dr. Sardjito Yogyakarta dengan teknik *consecutive sampling*. Penelitian menggunakan instrumen karakteristik responden dan *Covid-19 Anxiety Scale* versi Indonesia (CAS). Analisa data disajikan dalam tabel distribusi frekuensi dan persentase.

**Hasil:** ODHA di RSUP Dr. Sardjito mayoritas mengalami kecemasan ringan selama pandemi COVID-19. Kecemasan berdasarkan karakteristik demografi ditemukan pada, laki-laki, dewasa awal (26-45 tahun), pekerjaan pegawai swasta, jumlah CD4 rendah (<500). Kecemasan juga mayoritas dialami oleh ODHA yang selama pandemi mengalami penurunan penghasilan, tidak mengalami gangguan psikiatri sebelumnya, melakukan protokol pencegahan COVID-19, memperbarui informasi mengenai COVID-19, ODHA yang belum pernah terkonfirmasi COVID-19, dan ODHA yang tidak tinggal bersama keluarga yang sakit kronis.

**Kesimpulan:** Terdapat kecemasan pada ODHA pada masa pandemi COVID-19 di RSUP Dr. Sardjito, dengan mayoritas merupakan kecemasan ringan.

**Kata Kunci:** ODHA, COVID-19, kecemasan

## ABSTRACT

**Background:** The COVID-19 virus can attack anyone, and the risk of infection increases in vulnerable populations, one of which is people with low immunity, as in PLHIV. The COVID-19 pandemic has had an inevitable impact, namely anxiety for the community. For PLHIV, several conditions faced during the pandemic, such as the risk of exposure, treatment barriers, and stigma, are the causes of mental aggravation, such as anxiety, which has a bad impact on PLHIV.

**Objective:** To identify anxiety in PLHIV during the COVID-19 pandemic at Dr. RSUP. Sardjito Yogyakarta and anxiety based on demographic characteristics of PLHIV.

**Methods:** This research was descriptive-quantitative research with a cross-sectional study design. Respondents amounted to 114 PLHIV at RSUP Dr. Sardjito Yogyakarta with consecutive sampling technique. The study used the respondent's characteristic instrument and the Indonesian version of the Covid-19 Anxiety Scale. Data analysis was presented in the frequency and percentage distribution table.

**Result:** PLHIV at RSUP Dr, Sardjito mainly experienced mild anxiety during the COVID-19 pandemic. Anxiety based on demographic characteristics is found in males, young adults (26-45 years), the employment of private employees, and the number of CD4 are low (<500). Anxiety is also mostly experienced by PLHIV which during the pandemic has experienced a decrease in income, has not experienced previous psychiatric disorders, carried out COVID-19 prevention protocols, updated information about COVID-19, PLHIV that has never been confirmed with COVID-19, and PLHIV. They did not live with chronically ill families.

**Conclusion:** There was anxiety in PLHIV during the COVID-19 pandemic at Dr. Sardjito Hospital with the majority being mild anxiety.

**Keywords:** PLHIV, COVID-19, anxiety