

## KECENDERUNGAN DEPRESI, CEMAS DAN STRES GURU PADA MASA PANDEMI COVID-19

### INTISARI

**Latar belakang :** Distres emosional terkait pekerjaan banyak dialami guru. Gangguan mental seperti gejala *burnout*, kecemasan dan depresi serta keluhan fisik seperti gangguan muskuloskeletal, gangguan tidur banyak dilaporkan oleh guru. Kesehatan mental yang kurang optimal dapat mengganggu efektifitas kegiatan belajar mengajar dan berdampak negatif pada siswa. Pandemi COVID-19 melanda dunia menyebabkan perubahan pada sistem pendidikan seperti penutupan sekolah dan pembelajaran dilakukan secara jarak jauh melalui daring. Guru harus cepat beradaptasi dan berinovasi terhadap cara mengajar. Dampak lain seperti risiko diri sendiri dan keluarga tertular COVID-19 membuat guru semakin rentan mengalami depresi, cemas dan stres. Hasil penelitian ini dapat menjadi informasi bagi guru agar mendapat penanganan jika diperlukan, menjadi acuan untuk klinisi melakukan tindakan pencegahan dan intervensi di tingkat sekolah, serta menjadi pertimbangan dalam menyusun kebijakan sistem pendidikan pada masa pandemi.

**Tujuan penelitian :** untuk mengetahui kecenderungan depresi, cemas, dan stres guru pada masa pandemi COVID-19 dan faktor yang dapat mempengaruhinya.

**Metode :** Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross-sectional*. Subjek penelitian adalah 115 guru SD dan 106 guru SMP di Kota Yogyakarta. Kecenderungan depresi, cemas dan stres diukur dengan instrumen *Depression Anxiety Stress Scale-21* (DASS-21). Analisis data dengan menggunakan uji *Chi-square* dan uji regresi logistik multipel.

**Hasil :** Guru dengan kecenderungan depresi sebesar 10,4%, kecenderungan cemas 25,3% dan kecenderungan stres 14%. Tidak terdapat perbedaan yang bermakna secara statistik kecenderungan depresi ( $p=0,075$ ), cemas ( $p=0,070$ ) dan stres ( $p=0,266$ ) antara guru SD dan SMP. Faktor yang berpengaruh terhadap kecenderungan depresi dan stres antara lain usia dan riwayat keluarga terinfeksi COVID-19 sedangkan terhadap kecenderungan cemas antara lain status pernikahan dan status kepegawaian. ( $p<0,05$ )

**Kesimpulan :** Cukup banyak guru yang memiliki kecenderungan depresi, cemas dan stres dibanding populasi umum. Tidak terdapat perbedaan bermakna kecenderungan depresi, cemas dan stres antara guru SD dan SMP. Usia dibawah 45 tahun, riwayat keluarga terinfeksi COVID-19 berpengaruh terhadap kecenderungan depresi dan stres. Tidak menikah dan non PNS berpengaruh terhadap kecenderungan cemas.

**Kata kunci:** depresi, cemas, stres, guru, pandemi COVID-19

## DEPRESSION, ANXIETY AND STRESS TENDENCIES OF TEACHERS DURING COVID-19 PANDEMIC

### ABSTRACT

**Background:** Teachers often experience work-related emotional distress. Mental health symptom such as burnout, anxiety and depression also physical complaints such as musculoskeletal pain and sleep disorder are often reported. Teacher with mental fatigue can interfere with the effectiveness of teaching and negatively impact the students. COVID-19 pandemic causes some changes in the education system policies around the world. School closure and online schooling become ways to deliver education. Teachers need to be adaptable and innovative in their way of teaching. Other impacts like risk of self and family being infected make teachers more prone to depression, anxiety and stress. This study can be source of information for teachers to get treatment if needed, reference for clinicians to take preventive actions at the school level, as well as consideration in formulating education system policies during the pandemic.

**Objective:** to have knowledge about depression, anxiety and stres tendencies of teachers during COVID-19 pandemic and to determine the influencing factors.

**Methods:** This study was an analytic observational study with cross-sectional design. The research subjects were 115 primary and 106 secondary school teachers in Yogyakarta. Depression, anxiety and stress tendencies were measured using DASS-21 questionnaire. Data analysis used chi-square test and multiple logistic regression.

**Result:** Teacher that have depression tendency are 10,4%, anxiety tendency 25,3%, stress tendency 14%. There was no significant difference of depression, anxiety and stres tendencies between primary and secondary school teachers ( $p=0,075$ ;  $p=0,070$ ;  $p=0,266$ ). Factors that influence depression and stress tendencies are age and family history being infected by COVID-19. As for anxiety tendecy, marital status and employment status are risk factors.

**Conclusion:** Teachers with depression, anxiety dan stress tendencies are higher than general population. There is no significant difference of depression, anxiety and stres tendencies between primary and secondary school teachers in Yogyakarta during COVID-19 pandemic. Age below 45 years and family history being infected by COVID-19 are risk factors for depression and stress tendencies. Not married and non governmental employed are risk factors for anxiety tendency.

**Keywords:** depression, anxiety, stress, teacher, COVID-19 pandemic