

PERBEDAAN SKOR PTSD PADA PENYINTAS COVID-19 DENGAN PERILAKU *SELF-HARM* DAN TANPA PERILAKU *SELF-HARM* DI ASRAMA DARMAPUTERA UGM YOGYAKARTA

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INTISARI

Latar Belakang: *Post-traumatic stress disorder* (PTSD) adalah kondisi kesehatan mental berat yang disebabkan oleh peristiwa mengerikan di luar batas normal pengalaman manusia biasa dan situasi pandemi yang luar biasa saat ini juga dapat mempromosikan PTSD. Kami menaruh perhatian terhadap PTSD sebagai efek sekunder dari pandemi COVID-19, terutama bagi populasi yang paling rentan mengalami PTSD yaitu penyintas COVID-19 dan petugas kesehatan. PTSD juga dikaitkan dengan sejumlah perilaku berisiko dan merusak diri atau melukai diri (*self-harm*) dengan atau tanpa niat bunuh diri. Tingkat *self-harm* diantara individu dengan PTSD sering melebihi 50% dan gejala PTSD yang ditemukan sering digunakan untuk memprediksi perilaku *self-harm*.

Tujuan: Tujuan penelitian ini adalah mengidentifikasi dan menganalisis perbedaan skor PTSD pada penyintas COVID-19 dengan perilaku *self-harm* dan tanpa perilaku *self-harm* di Yogyakarta.

Metode: Penelitian ini merupakan penelitian observasional non eksperimental dengan rancangan *cross-sectional*. Subjek penelitian adalah penyintas COVID-19 yang sebelumnya menjalani isolasi mandiri di Asrama UGM. Skor PTSD diukur dengan PCL-5 dan skor *self-harm* diukur dengan SHI. Analisis dilakukan dengan uji *chi-square* dan uji regresi logistik multipel.

Hasil: Penyintas COVID-19 yang memiliki kecenderungan PTSD sebesar 28,5% dan perilaku *self-harm* sebesar 17,2%. Responden penelitian dengan *probable* PTSD lebih banyak berperilaku *self harm* yaitu sebanyak 17 responden (39,5%) dibandingkan dengan tidak PTSD yaitu sebanyak 9 responden (8,3%) dengan perbedaan bermakna ($p < 0,001$). Nilai *odds ratio* 7,19 artinya subjek dengan *probable* PTSD berpeluang melakukan *self-harm* 7,19 kali lebih besar dibandingkan yang tidak PTSD.

Kesimpulan: terdapat perbedaan bermakna skor PTSD pada penyintas COVID-19 dengan perilaku *self-harm* dan tanpa perilaku *self-harm* di Asrama Darmaputera UGM Yogyakarta.

Kata kunci: PTSD, *self-harm*, COVID-19

DIFFERENCES BETWEEN PTSD SCORE ON THE SURVIVAL OF COVID-19 WITH SELF-HARM BEHAVIOR AND WITHOUT SELF-HARM BEHAVIOR AT THE DARMAPUTERA UGM SHELTER IN YOGYAKARTA

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ABSTRACT

Background: Post-traumatic stress disorder (PTSD) is a severe mental health condition caused by horrific events beyond the normal limits of human experience and the current extraordinary pandemic situation can also promote PTSD. We pay attention to PTSD as a secondary effect of the COVID-19 pandemic, especially for the population most vulnerable to PTSD, namely COVID-19 survivors and health workers. PTSD is also associated with a number of risky and self-destructive or self-harm behaviors with or without suicidal intent. The level of self-harm among individuals with PTSD often exceeds 50% and the PTSD symptoms found are often used to predict self-harm behavior.

Objective: The purpose of this study was to identify and analyze differences between PTSD scores on COVID-19 survivors with self-harm behavior and without self-harm behavior in Yogyakarta.

Methods: This study is a non-experimental observational study with a cross-sectional design. The research subjects were COVID-19 survivors who previously underwent independent isolation at the UGM shelter. PTSD scores were measured by PCL-5 and self-harm scores were measured by SHI. The analysis was performed by chi-square test and multiple logistic regression test.

Results: COVID-19 survivors who have a tendency to PTSD are 28.5% and 17.2% with self-harm behavior. Research respondents with probable PTSD behaved more self-harm, namely 17 respondents (39.5%) compared to 9 respondents (8.3%) with no PTSD with a significant difference ($p < 0.001$). The odds ratio value of 7.19 means that subjects with probable PTSD are 7.19 times more likely to self-harm than those without PTSD.

Conclusion: There is a significant difference in PTSD scores on COVID-19 survivors with self-harm behavior and without self-harm behavior at the Darmaputera UGM Shelter in Yogyakarta.

Keywords: PTSD, self-harm, COVID-19