

INTISARI

ANALISIS DAMPAK PANDEMI COVID-19 TERHADAP KUNJUNGAN LAYANAN KESEHATAN MENTAL DI GADJAH MADA MEDICAL CENTER TAHUN 2019- 2021

Latar belakang: Pada tahun 2020 tepatnya pada tanggal 11 Maret, Organisasi Kesehatan Dunia atau *World Health Organization* (WHO) mendeklarasikan *Coronavirus Disease* (COVID-19) sebagai pandemi. Kasus pertama COVID-19 dilaporkan dari *Wuhan's Huanan seafood market* di Cina akhir Desember 2019. Penyakit ini disebabkan oleh SARS-CoV-2. Kasus positif pertama kali di Indonesia pada bulan maret 2020 dan menyebar cepat keseluruh Indonesia. Dampak dari pandemi ini tentunya sangat luas salah satunya kesehatan mental. Gangguan depresi dan kecemasan adalah salah satu dari masalah kesehatan mental. PHQ-9 dan GAD-7 adalah alat ukur untuk skrining gangguan depresi dan kecemasan. Di Indonesia sendiri masalah gangguan depresi dan kecemasan ini masih jarang mendapat perhatian khusus. Yogyakarta merupakan salah satu kota di Indonesia yang terdampak pandemi COVID-19.

Tujuan: Penelitian ini bertujuan untuk mengetahui ada atau tidaknya pengaruh Pandemi COVID-19 terhadap jumlah kunjungan layanan kesehatan mental di Gadjah Mada Medical Center tahun 2019-2021 dan menilai tingkat keparahan PHQ-9 dan GAD-7 pada mahasiswa selama pandemi.

Metode: penelitian ini menggunakan metode penelitian kuantitatif deskriptif dengan pendekatan Analisis data Sekunder (ADS). ADS adalah analisis data yang dilakukan terhadap data yang sudah ada. Setiap pasien layanan psikologi di Gadjah Mada Medical Center selama tahun 2019-2021. Data yang diperoleh akan dianalisis menggunakan analisis deskriptif.

Hasil: Sebelum pandemi COVID-19 berlangsung terdapat 261 pasien layanan Psikologi yang berkunjung. Sementara itu, selama pandemi COVID-19, terdapat 693 pasien yang melakukan kunjungan Psikologi di Gadjah Mada Medical Center, Yogyakarta. Mahasiswa dengan tingkat keparahan PHQ-9 tertinggi ada pada kategori *moderate* (29%) dan GAD-7 tertinggi ada pada kategori *severe* (34.5%). Usia tertinggi didominasi oleh usia 21 tahun (21.6%) dan jenis kelamin tertinggi didominasi oleh jnis kelamin perempuan (74.3%) dari total 689 mahasiswa.

Kesimpulan: Terdapat peningkatan jumlah kunjungan layanan Psikologi di Gadjah Mada Medical Center sebesar 165.51% selama pandemi COVID-19. Tingkat keparahan PHQ-9 dan GAD-7 tertinggi adalah *moderate* dan *severe*.

Kata kunci : COVID-19, Kesehatan mental, GMC, pandemi, analisis, PHQ-9, GAD-7.

ABSTRACT

ANALYSIS OF THE IMPACT OF COVID-19 PANDEMIC ON VISITING MENTAL HEALTH SERVICES AT GADJAH MADA MEDICAL CENTER 2019-2021

Background: In 2020, on March 11, the World Health Organization (WHO) declared Coronavirus Disease (COVID-19) a pandemic. The first case of COVID-19 was reported from Wuhan's Huanan seafood market in China in late December 2019. The disease is caused by SARS-CoV-2. The first positive case in Indonesia was in March 2020 and spread rapidly throughout Indonesia. The impact of this pandemic is certainly very wide, one of which is mental health. Depression and anxiety disorders are one of the mental health problems. The PHQ-9 and GAD-7 are measuring tools for testing for depression and anxiety disorders. In Indonesia, the problem of depression and anxiety disorders is still rarely given special attention. Yogyakarta is one of the cities in Indonesia that presents the COVID-19 pandemic.

Objective: This study aims to determine the impact of COVID-19 Pandemic on the frequency of visits to mental health services at Gadjah Mada Medical Center in 2019-2021 and to find out the severity of PHQ-9 and GAD-7 in college students during the pandemic.

Method: This study uses descriptive quantitative research method with Secondary Data Analysis (ADS) approach. ADS is a data analysis that is carried out on existing data. Every patient with psychological services at Gadjah Mada Medical Center during 2019-2021. The data obtained will be analyzed using descriptive analysis.

Results: Before the COVID-19 pandemic, there were 261 Psychology service patients who visited. Meanwhile, during the COVID-19 pandemic, there were 693 patients who visited the Psychology at Gadjah Mada Medical Center, Yogyakarta. Students with the highest PHQ-9 score were in the moderate category (29%) and the highest GAD-7 score was in the severe category (34.5%). The highest age was dominated by age 21 years (21.6%) and the highest gender was dominated by female gender (74.3%) from a total of 689 students.

Conclusion: There was an increase in the frequency of Psychological Service visits at Gadjah Mada Medical Center by 165.51% during the COVID-19 pandemic. The highest severity of PHQ-9 and GAD-7 was moderate and severe.

Keywords: COVID-19, Mental health, GMC, pandemic, analysis, PHQ-9, GAD-7