

INTISARI

Latar Belakang: Kecemasan dan depresi dapat menyebabkan stres yang berkembang menjadi distres psikologis. Distres psikologis memiliki risiko peningkatan pada ODHA dengan dukungan sosial yang rendah. Sehingga pemahaman aspek dukungan sosial ODHA menjadi penting untuk mendukung kesehatan mental dan mengoptimalkan hasil kesehatan.

Tujuan Penelitian: Mengetahui hubungan dukungan sosial dengan distres psikologis Orang Dengan HIV/AIDS (ODHA) saat pandemi COVID-19 di RSUP Dr. Sardjito Yogyakarta

Metode: Metode penelitian ini adalah kuantitatif analitik korelatif dengan rancangan cross sectional study. Responden berjumlah 114 pasien diukur menggunakan instrumen Medical Outcomes Social Support Survey dan Patient Health Questionnaire-4. Analisis data menggunakan Uji Korelasi Spearman dan Chi-Square.

Hasil: Hasil rata-rata skor dukungan sosial sebesar $67,76 \pm SD=25,57$. sebanyak 64% ODHA tidak mengalami distres psikologis, distres ringan (31,6%), distres sedang (2,6%), dan distres berat (1,8%). Hubungan dukungan sosial dengan distres psikologis berada pada batas tepi ($p=0,058$). Terdapat hubungan yang signifikan pada interaksi sosial ($p=0,008$) dan dukungan kasih sayang ($p=0,044$) dengan distres psikologis.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara dukungan sosial dengan distres psikologis, tetapi terdapat signifikansi hubungan pada interaksi sosial dan dukungan kasih sayang dengan distres psikologis.

Kata kunci: dukungan sosial, distres psikologis, ODHA

ABSTRACT

Background: Anxiety and depression may induce stress that may expand to psychological distress. Psychological distress has a higher risk among people living with HIV/AIDS (PLWHA) that have low supply of social support. Thus, the effort to understand the aspects of social support for PLWHA is important to promote mental wellness and optimize healthier outcomes.

Research Objectives: To determine the correlation between the availability of social support and psychological distress among (PLWHA) during the COVID-19 pandemic in Dr. Sardjito Yogyakarta Regional Hospital

Methods: This method for this study was a quantitative correlation analytic with a cross-sectional study design. The respondents of 114 patients were measured using the Medical Outcomes Social Support Survey and Patient Health Questionnaire-4 instruments. The data was analyzed with the Spearman and Chi-Square Correlation Test.

Results: The average score of social support was $67.76 \pm SD=25.57$. Up to 64% of PLWHA did not experience psychological distress, while the rest of the patients struggled with: mild distress (31.6%), moderate distress (2.6%), and severe distress (1.8%). The relationship between social support and psychological distress among patients was touching the margin ($p=0.058$). However, there was a significant relation between social interaction ($p=0.008$) and affectionate support ($p=0.044$) with patients' psychological distress.

Conclusion: There is no significant correlation between patients' social support and psychological distress, but there is a significant relation found between the availability of social interaction and affectionate support with psychological distress.

Keywords: Social support, Psychological distress, PLWHA.