

## Hubungan Dukungan Sosial dan Resiliensi Terhadap Distres Psikologi Pada Perawat Selama Pandemi COVID 19 di Indonesia

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### INTISARI

**Latar Belakang:** Meskipun penelitian sebelumnya mengatakan bahwa bahwa perawat mengalami tekanan psikologis selama pandemi, faktor yang terkait dengan peningkatan resiko terhadap distres psikologis di kalangan perawat di Indonesia selama pandemi COVID-19 belum banyak diketahui. Bukti yang semakin banyak menunjukkan bahwa dukungan dan ketahanan sosial memainkan peran protektif dalam kesehatan mental perawat. Resiliensi dan dukungan sosial berpotensi menurunkan resiko terhadap distres psikologis di antara perawat yang memberikan perawatan kepada pasien COVID-19. Selanjutnya, beberapa penelitian telah menemukan peran resiliensi sebagai mediator dalam hubungan antara dukungan sosial dan tekanan psikologis pada perawat di Indonesia.

**Tujuan:** Tujuan khusus dari penelitian ini adalah untuk menentukan: 1) apakah dukungan sosial secara independen memprediksi tekanan psikologis pada perawat selama pandemi COVID-19 di Indonesia setelah disesuaikan dengan faktor perancu; 2) apakah resiliensi secara independen memprediksi distress psikologis di kalangan perawat selama pandemi COVID-19 di Indonesia setelah disesuaikan dengan faktor perancu; dan 3) peran resiliensi sebagai mediator dalam hubungan antara dukungan sosial dengan distress psikologis perawat pada masa pandemi COVID-19 di Indonesia.

**Metode:** Sebuah studi *cross-sectional* melibatkan 150 perawat yang memiliki pengalaman merawat pasien yang terinfeksi COVID-19. Dukungan sosial, resiliensi, dan distres psikologis masing-masing dinilai menggunakan *Social Provision Scale* (SPS), *Resilience Scale* (RS-14), dan *Kessler Psychological Distress Scale* (K10). Data dianalisis menggunakan *SPSS statistical software package* (versi 26; IBM, Armonk, NY, USA). Regresi logistik multivariabel dilakukan untuk menentukan apakah dukungan sosial dan resiliensi dapat memprediksi distres psikologis secara independen setelah penyesuaian dengan faktor perancu. Analisis statistik mediasi dilakukan untuk menentukan peran resiliensi sebagai mediator dalam hubungan antara dukungan sosial dan distress psikologis menggunakan *Mplus statistical software package* (Mplus untuk Macintosh, versi 26.0, SPSS, Chicago, IL, USA).

**Hasil:** Dari 150 responden, 25 (16,7%) tergolong memiliki tingkat distres psikologis yang tinggi. Kemungkinan memiliki resiliensi tinggi meningkat 1,061 kali ketika skor dukungan sosial meningkat 1 satuan [rasio odds (OR) = 1,061, CI: 1,013 – 1,110; p = 0,011]. Hasil analisis regresi logistik multivariabel dengan distres psikologis sebagai variabel dependen menunjukkan bahwa skor total dukungan sosial yang lebih tinggi secara signifikan berhubungan dengan penurunan kemungkinan mengalami distres psikologis yang tinggi (OR =



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0,927, CI: 0,882-0,975; nilai  $p = 0,003$ ) setelah penyesuaian faktor perancu. Namun, resiliensi tidak secara signifikan berhubungan dengan distress psikologis setelah disesuaikan dengan faktor perancu ( $p = 0,310$ ). Selain itu, efek mediasi resiliensi tidak ditemukan pada hubungan antara dukungan sosial dan distress psikologis ( $\beta = -.003$ ;  $SE = .006$ ;  $p = .633$ ).

**Kesimpulan:** Dukungan sosial tetapi bukan resiliensi ditemukan sebagai prediktor independen distress psikologis pada perawat selama pandemi COVID-19. Selain itu, tidak ada efek resiliensi sebagai mediator yang ditemukan dalam hubungan antara dukungan sosial dan tekanan psikologis.

**Kata Kunci:** Dukungan Sosial, resiliensi, distress psikologis, COVID-19, Perawat, studi cross-sectional

## **Associations of Social Support and Resilience with Psychological Distress Among Nurses During The COVID-19 Pandemic in Indonesia**

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### **ABSTRACT**

**Background:** Despite existing evidence of nurses experiencing psychological distress during the pandemic, factors associated with the increased vulnerability to psychological distress among nurses in Indonesia during the COVID-19 pandemic are not well known. Mounting evidence suggests that social support and resilience both play a protective role in an individual's mental health. Resilience and social support can potentially decrease the vulnerability to psychological distress among nurses who provide care to the COVID-19 patients. However, few studies have determined the role of resilience as a mediator in the association between social support and psychological distress among nurses in Indonesia.

**Objective:** The specific aims of this study were to determine: 1) whether social support independently predict psychological distress among nurses during the COVID-19 pandemic in Indonesia after adjusting for confounders; 2) whether resilience independently predict psychological distress among nurses during the COVID-19 pandemic in Indonesia after adjusting for confounders; and 3) the mediator role of resilience in the association between social support and psychological distress among nurses during the COVID-19 pandemic in Indonesia.

**Methods:** A cross-sectional study involving 150 nurses who had experience with taking care of COVID-19 infected patients was conducted. Social support, resilience, and psychological distress were assessed using the Social Provision Scale (SPS), Resilience Scale (RS-14), and Kessler Psychological Distress Scale (K10), respectively. The data were analyzed using SPSS statistical software package (version 26; IBM, Armonk, NY, USA). Multivariable logistic regression was performed to determine whether social support and resilience predict psychological distress independently after adjustment for confounders. The mediating statistical analysis was performed to determine the mediator role of resilience in the relationship between social support and psychological distress using the Mplus statistical software package (Mplus for Macintosh, version 26.0, SPSS, Chicago, IL, USA).

### **Result**

Of the 150 participants, 25 (16.7%) were classified as having a high level of psychological stress. The likelihood of having high resilience increased 1.061 times when the score of social support increased by 1 unit [odds ratio (OR) = 1.061., confidence interval (CI): 1.013 – 1.110: p value = .011]. The results of the multivariable logistic regression analysis with psychological distress as the dependent variable revealed that higher social support total scores were significantly associated with decreased odds of experiencing high psychological distress (OR =



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0.927, CI: 0.882-0.975;  $p$  value = .003) after adjustment of confounders. However, resilience was not a significant determinant of psychological distress after adjusting for confounders ( $p$  = .310). Furthermore, a mediation effect of resilience was not found in the association between social support and psychological distress ( $\beta$  = -.003; SE = .006;  $p$  = .633).

### **Conclusion**

Social support but not resilience was found to be an independent predictor of psychological distress among nurses during the COVID-19 pandemic. Furthermore, our results did not support a mediation role of resilience in the association between social support and psychological distress.

**Keywords:** Social support, resilience, psychological distress, COVID-19, nurses, cross-sectional study