

Peran Indeks Dampak Pandemi COVID-19, Fleksibilitas dan Infleksibilitas Psikologis terhadap Tingkat Stres yang dialami *Emerging Adult*

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Abstrak

Pandemi COVID-19 berdampak pada berbagai aspek kehidupan masyarakat termasuk munculnya kekacauan psiko-emosional. Beberapa negara melaporkan adanya peningkatan stress yang dialami warganya. Stres akibat COVID-19 disebabkan oleh beberapa stressor terkait virus itu sendiri dan juga dampak yang menyertainya. Penelitian-penelitian terdahulu menemukan bahwa fleksibilitas dan infleksibilitas psikologis merupakan proses psikologis yang terkait dengan stres harian, kesehatan fisik serta mental dan kesejahteraan individu pada populasi secara umum. Penelitian ini bertujuan untuk mengetahui bagaimana peran indeks dampak COVID-19, fleksibilitas dan infleksibilitas psikologis terhadap stres akibat pandemi COVID-19 pada *emerging adult*. Pengambilan data dilakukan melalui teknik *purposive sampling*. dengan menyebarkan kuesioner secara daring dan melibatkan 370 partisipan dengan rentang usia 18-25 tahun ($M_{usia} = 30.68$, $SD = 1,380$). Uji regresi linear berganda menemukan bahwa indeks dampak COVID-19 ($B = 1,247$) dan infleksibilitas psikologis ($B = 0,564$) berpengaruh positif terhadap stres, sementara fleksibilitas psikologis ($B = - 0,219$) berpengaruh negatif terhadap stres. Hasil penelitian ini menemukan bahwa semakin tinggi dampak COVID-19 maka semakin tinggi tingkat stres, begitupula pada infleksibilitas psikologis. Sementara itu semakin tinggi fleksibilitas psikologis akan menurunkan tingkat stres. Hasil penelitian ini merekomendasikan terapi berbasis *Acceptance and Commitment Therapy* (ACT) yang bertujuan untuk meningkatkan fleksibilitas psikologis sebagai alternatif penanganan kasus stres akibat COVID-19.

Kata kunci: *COVID-19, fleksibilitas psikologis, infleksibilitas psikologis, stress, emerging adult*

Abstract

The COVID-19 pandemic has impacted various aspects of people's lives, including the emergence of psycho-emotional disorders. Several countries reported an increase in stress experienced by their citizens. Stress due to COVID-19 is caused by several stressors related to the virus itself and also the effects that accompany it. Previous studies have found that psychological flexibility and psychological inflexibility are psychological processes associated with daily stress, physical-mental health and well-being of individuals in the general population. This study aims to determine the role of the COVID-19 impact index, flexibility and psychological inflexibility on stress due to the COVID-19 pandemic in emerging adults. Data collection was done through purposive sampling technique. by distributing online questionnaires and involving 370 participants with an age range of 18-25 years ($M_{age} = 30.68$, $SD = 1,380$). The Multiple Linear Regression Test found that psychological flexibility did not act as a moderator but as a predictor of stress. The results of this study found that the high impact of COVID-19, higher the stress level, as well as psychological inflexibility. Meanwhile, the high psychological flexibility lower the stress level. The results of this study recommend Acceptance and Commitment Therapy (ACT)-based therapy as an alternative for handling cases of stress due to COVID-19.

Keywords: COVID-19, psychological flexibility, psychological inflexibility, stress, emerging adults