

Stigma Sosial terhadap Penyintas *Coronavirus Disease* 2019 (COVID-19) di Masyarakat

Social Stigma towards Coronavirus Disease 2019 (COVID-19) Survivors in Society

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Abstrak. Pada awal kemunculan COVID-19 di Indonesia, diberitakan bahwa sejumlah penyintas COVID-19 mengalami stigma sosial oleh masyarakat karena dianggap sebagai penyebar virus. Penelitian ini bertujuan untuk memberikan gambaran stigma sosial terhadap penyintas COVID-19 melalui pendekatan kualitatif dengan metode naratif. Rekrutmen partisipan penelitian dilaksanakan melalui skrining stigma sosial untuk memilih 4 (empat) partisipan dengan kategori stigma sosial tinggi dan bersedia terlibat dalam proses wawancara. Data yang diperoleh dianalisis dengan analisis tematik. Hasil wawancara menemukan bahwa pada periode awal kemunculan COVID-19, partisipan merasa takut terhadap COVID-19 sebagai penyakit berbahaya yang menyebabkan kematian. Ketakutan ini memunculkan perilaku yang mengarah pada penolakan terhadap penyintas COVID-19 karena perasaan terancam dengan keberadaan penyintas yang dipercaya masih dapat menyebarkan virus. Memasuki periode kebijakan PSBB, partisipan penelitian semakin menolak penyintas COVID-19 karena kasus stigma sosial terhadap penyintas COVID-19 yang terjadi di lingkungan tempat tinggal partisipan. Setelah periode PSBB, diberlakukan kebijakan adaptasi kebiasaan baru yang menjadikan partisipan penelitian menyadari bahwa penyintas COVID-19 tidak perlu dikucilkan. Berdasarkan penelitian ini dapat disimpulkan bahwa stigma sosial terhadap penyintas COVID-19 bersifat situasional atau sementara. Stigma sosial terhadap penyintas COVID-19 yang awalnya tinggi menjadi berkurang karena faktor keakuratan informasi, tingkat kesembuhan penyintas COVID-19 yang tinggi, empati dan dukungan untuk penyintas COVID-19, serta pengalaman kontak dengan penyintas COVID-19.

Kata Kunci: COVID-19, Penyintas COVID-19, Stigma Sosial

Abstract. With the emergence of COVID-19 in Indonesia, several COVID-19 survivors reported experiencing social stigma because they were considered as spreaders of the virus. This research aims to provide an overview of social stigma against COVID-19 survivors through a qualitative narrative method. Research participants were recruited through social stigma screening to select 4 (four) participants with high social stigma categories and willing to be involved in the interview process. The data obtained were analyzed by thematic analysis. The interview results found that in the early period of the emergence of

COVID-19, participants were afraid of COVID-19 as a dangerous disease that causes death. This fear leads to the rejection of COVID-19 survivors. It was because of the feeling of being threatened by COVID-19 survivors who are believed as virus spreaders. Entering the PSBB policy period, research participants are increasingly rejecting COVID-19 survivors because of social stigma against COVID-19 survivors in the participants' neighborhoods. After the PSBB period, the Indonesian government implemented the new normal policy that made research participants realize that COVID-19 survivors did not need to be isolated. This research indicates that social stigma against COVID-19 survivors is situational or temporary. Social stigma against COVID-19 survivors, which was initially high, has decreased due to the accuracy of the information, the high recovery rate of COVID-19 survivors, empathy and support for COVID-19 survivors, and the experience of contact with COVID-19 survivors.

Keywords: COVID-19, COVID-19 Survivor, Social Stigma