HUBUNGAN *PERCIEVED SOCIAL SUPPORT* DAN *POST TRAUMATIC STRES DISORDER* (PTSD) PADA PENYINTAS COVID-19

Haressa Lintang Rizkika[1], Nurlaela Widyarini[2], Panca Kursistin Handayani[3]

ABSTRAK

Dewasa ini virus covid-19 telah menjadi pandemi yang mengancam kehidupan masyarakat di seluruh dunia karena tidak hanya memberikan dampak fisik, namun juga mengakibatkan serangkaian masalah psikologis bagi penderitanya. Salah satu yang sering muncul adalah gangguan stres pasca-trauma (PTSD) yang berkembang setelah individu mengalami peristiwa traumatis yang mengancam jiwa. Hal ini berkaitan dengan pengalaman individual yang dianggap menekan selama menderita covid-19. Namun beberapa penelitian menjelaskan bahwa resiko PTSD kemungkinan akan menurun seiring dengan penyintas mendapatkan *social support* yang cukup. Sehingga berdasarkan hal tersebut penelitian ini dilakukan untuk mengetahui lebih lanjut hubungan antara *percieved social support* dan PTSD pada penyintas covid-19.

Metode yang digunakan dalam penelitian ini adalah kuantitatif korelasional dengan variabel (X) yaitu *perceived social support* dan variabel (Y) yakni PTSD. Jumlah sampel dalam penelitian ini sebanyak 221 sampel yang ditentukan melalui teknik *purposive*. Alat ukur dalam penelitian ini menggunakan adaptasi dari skala *Percieved Social Support* (sejumlah 24 aitem, $\alpha = 0,910$) dan skala PCL-5 (*PTSD Checklist for DSM-V*) (sejumlah 20 aitem , $\alpha = 0,931$). Hasil analisis korelasi menunjukkan bahwa terdapat hubungan *perceived social support* dan PTSD ($r = -0,356$; $p < 0,05$). Hal ini berarti bahwa semakin tinggi *perceived social support* maka semakin rendah PTSD atau sebaliknya. Hasil penelitian ini hanya berlaku pada sampel penelitian yang diambil dikarenakan tidak memenuhi uji asumsi normalitas data. Maka peneliti merekomendasikan sampel yang lebih representative pada penelitian berikutnya.

Kata Kunci: *Percieved Social Support*, PTSD, Penyintas Covid-19

PERCEIVED SOCIAL SUPPORT AND POST-TRAUMATIC STRESS DISORDER (PTSD) IN COVID-19 SURVIVORS

Haressa Lintang Rizkika[1], Nurlaela Widyarini[2], Panca Kursistin Handayani[3]

ABSTRACT

The covid-19 virus has now evolved into a pandemic that threatens the lives of millions people around the world, creating not only physical but also psychological issues in those who are infected. Post-traumatic stress disorder (PTSD), which occurs after a life-threatening traumatic event, is one that frequently arises. This relates to individual experiences that are considered stressful while suffering from covid-19. However, some research suggest that once survivors obtain enough social assistance, their chances of developing PTSD decrease. As a result, this study was done to look into the association between perceived social support and PTSD, particularly in the covid-19 survivors.

The method used in this study is quantitative correlation with perceived social support as a variable (X) and PTSD as a variable (Y). The number of samples in this study was 221 samples, determined by purposive technique. The measuring instrument in this study used an adaptation of the Percieved Social Support scale (a total of 24 items, α = 0,910) and the PCL-5 scale (PTSD Checklist for DSM-V) (a total of 20 items, α = 0,931). The results of the correlation analysis showed that there was a relationship between perceived social support and PTSD (r = –0,356; p <0,05). This means that the higher the perceived social support, the lower the PTSD or vice versa. The result of this study only applies to the research sample taken because it does not meet the normality assumption test of the data. Therefore, the researcher recommends a more representative sample in the next study.

Keywords : Perceived Social Support, PTSD, Covid-19 survivors