

Abstrak

**UNIVERSITAS MUHAMMADIYAH JEMBER  
PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KESEHATAN**

Skripsi, Juli 2022  
Intan Kurnia

Hubungan Kesiapan Mental Dengan Perilaku Pencegahan Penularan *Covid-19*  
Pada Siswa MTsN 12 Banyuwangi

xviii+80 +12 tabel+2 bagan+13 lampiran

Abstrak:

Infeksi *Covid-19* adalah penyakit yang disebabkan oleh virus corona dimana virus ini merupakan virus *Single Staranded RNA* yang berasal dari kelompok *coronaviridae*. Dalam menghadapi pandemi *Covid-19* Kesiapan mental remaja menjadi hal terpenting dalam menghadapi pandemi *Covid-19*, tentunya sangat tergantung dari proses organisme akibat adanya stimulus mengenai virus *Covid-19* selama pandemi. Tujuan penelitian ini yaitu mengidentifikasi kesiapan mental dengan perilaku pencegahan penularan *Covid-19* pada siswa MTsN 12 Banyuwangi. Penelitian ini adalah penelitian korelasi dengan pendekatan *cross sectional*. Populasi penelitian ini yaitu 180 orang dengan jumlah responden sebanyak 120 orang yang diambil dengan teknik *Stratified Random Sampling*. Instrumen yang digunakan adalah kuisisioner. Uji analisis statistic yang digunakan yaitu spearmen-rho. Hasil penelitian menunjukkan bahwa kesiapan mental 89,2% optimal. Sedangkan perilaku pencegahan penularan *Covid-19* 80,8% optimal. Diperoleh p value  $0,008 \leq 0,05$  maka dapat disimpulkan bahwa terdapat hubungan yang signifikan antara kesiapan mental dengan perilaku pencegahan penularan *Covid-19* pada siswa MTsN 12 Banyuwangi. Berdasarkan uraian di atas semakin optimal kesiapan mental siswa, maka tingkat perilaku pencegahan penularan *Covid-19* mereka akan semakin optimal. Hasil penelitian ini dapat dijadikan bahan evaluasi maupun ditindak lanjuti sebagai bahan pertimbangan dan sekaligus dalam rangka memperkuat pengetahuan khususnya bagaimana pola kesiapan mental dan perilaku pencegahan *Covid-19* terhadap remaja. Melakukan kerjasama melalui sosialisasi secara intensif terhadap lembaga pendidikan terdekat. Guna optimalisasi pencegahan pada *Covid-19*.

**Kata Kunci** : Kesiapan Mental , Protokol Kesehatan, Virus *Covid-19*.

*Abstract*

**MUHAMMADIYAH UNIVERSITY OF JEMBER  
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***Thesis, July 2022  
Intan Kurnia***

*The Relationship between Mental Readiness and Covid-19  
Transmission Prevention Behavior in MTsN 12 Banyuwangi Students*

*xviii+80+12 tables+2 charts+13 attachments*

*Abstract:*

*Covid-19 infection is a disease caused by the corona virus where this virus is a Single Staranded RNA virus originating from the Coronaviridae group. In dealing with the Covid-19 pandemic, adolescents' mental readiness is the most important thing in dealing with the Covid-19 pandemic, of course, it is very dependent on the organism's processes due to the stimulus regarding the Covid-19 virus during the pandemic. The purpose of this study is to identify mental readiness with behavior to prevent transmission of Covid-19 in students of MTsN 12 Banyuwangi. This research is correlation research with cross sectional approach. The population of this study was 180 people with a total of 120 respondents who were taken with Stratified Random Sampling technique. The instrument used is a questionnaire. The statistical analysis test used was spearmen-rho. The results showed that the mental readiness of 89.2% was optimal. While the behavior of preventing the transmission of Covid-19 is 80.8% optimal. Obtained a p value of 0.008 0.05, it can be concluded that there is a significant relationship between mental readiness and behavior to prevent Covid-19 transmission in MTsN 12 Banyuwangi students. Based on the description above, the more optimal the mental readiness of students, the more optimal their level of behavior to prevent the transmission of Covid-19 will be. The results of this study can be used as an evaluation material or followed up as a balancing material and at the same time in order to strengthen knowledge, especially how the pattern of mental readiness and behavior to prevent Covid-19 towards adolescents. Cooperating through intensive socialization to the nearest educational institution. To optimize prevention on Covid-19.*

*Keyword : Covid-19 Virus, Covid-19 Transmission Prevention Behavior, Mental Readiness.*