

## “BUNGA YANG TUMBUH USAI BADAI BERLALU”

### **INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS TENTANG PENGALAMAN STRESS-RELATED GROWTH PADA PENYINTAS COVID-19**

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#### **ABSTRAK**

Pandemi COVID-19 memberikan dampak di berbagai aspek kehidupan masyarakat, terutama pada kesehatan masyarakat, khususnya kesehatan psikologis. Pandemi COVID-19 beresiko memunculkan berbagai masalah psikologis, salah satunya stres. Di sisi lain, usai individu menghadapi peristiwa dengan stres tinggi, individu memiliki potensi untuk berkembang menjadi pribadi yang lebih baik. Kondisi ini disebut dengan *stress-related growth*. *Stress-related growth* adalah perubahan positif usai menghadapi peristiwa dengan tekanan yang tinggi. Penelitian ini bertujuan untuk mengeksplorasi dan memahami pengalaman *stress-related growth* pada penyintas COVID-19. Partisipan dalam penelitian ini berjumlah tiga orang yang dipilih melalui metode *purposive sampling* dengan kriteria: (1) berusia di atas 18-40 tahun; (2) pernah terinfeksi COVID-19 pada tahun 2021; (3) merasa pernah menghadapi masa kritis; (4) mengalami atau merasakan perubahan positif secara psikologis setelah sembuh dari COVID-19; dan (5) bersedia menjadi partisipan penelitian. Metode analisis yang digunakan yaitu *interpretative phenomenological analysis* (IPA) dengan penggalan data melalui metode wawancara semi terstruktur. Penelitian ini membuahkan hasil berupa tiga tema induk, yaitu (1) penghayatan terhadap pengalaman sebagai penyintas COVID-19; (2) dinamika perkembangan secara personal; dan (3) dinamika perubahan hubungan sosial. Kemudian, ditemukan tema khusus pada salah satu partisipan, yaitu dinamika kewaspadaan berlebih terhadap higienitas diri.

**Kata kunci:** *penyintas COVID-19, Interpretative Phenomenological Analysis (IPA), stress-related growth*

**“FLOWERS THAT BLOOM AFTER A STORM”**  
**INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS ABOUT STRESS-RELATED GROWTH EXPERIENCE IN COVID-19 SURVIVORS**

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**ABSTRACT**

The COVID-19 pandemic has had an impact on various aspects of people's lives, especially on public health, particularly in mental health. The COVID-19 pandemic has the risk of causing various psychological problems, one of which is stress. On the other hand, after an individual faced a highly stressful event, the individual has the potential to develop into a better person. This condition is called stress-related growth. This study aims to explore and understand the experiences of stress-related growth in survivors of COVID-19. Three participants in this study were selected through a purposive sampling method with the following criteria: (1) were aged over 18 to 40 years; (2) had been infected with COVID-19 in 2021; (3) felt that they had faced a critical period; (4) were experiencing positive psychological changes after recovered from COVID-19; and (5) willing to become research participants. The analytical method used is interpretative phenomenological analysis (IPA), which involved collecting data through semi-structured interviews. This research yielded results in the form of three main themes: (1) appreciation of experiences as a survivor of COVID-19; (2) the dynamics of personal development; and (3) the dynamics of social relationship change. A special theme was found in one of the participants, namely, the dynamics of being overly vigilant about personal hygiene.

**Keyword:** *COVID-19 survivors, Interpretative Phenomenological Analysis (IPA), stress-related growth*