

ABSTRAK

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Gambaran Kesehatan Mental pada Pegawai Satuan Bantuan Administrasi Tentara Nasional Angkatan Darat (SATBANMIN TNI-AD) di Masa Pandemi COVID-19

xvii + 92 Halaman + 8 Tabel + 2 Gambar + 16 Lampiran

Pandemi COVID-19 memberikan dampak kesehatan mental bagi pegawai Satbanmin TNI-AD berupa munculnya stres kerja. Terdapat perbedaan pendapat terkait kesehatan mental pekerja kantor selama masa pandemi. Tujuan dari penelitian ini adalah mengetahui gambaran kesehatan pada pegawai Satbanmin TNI-AD di masa pandemi COVID-19. Penelitian ini merupakan studi kuantitatif dengan menggunakan teknik total *sampling* sebanyak 118 responden. Kuesioner yang digunakan adalah *Mental Health Inventory-38 (MHI-38)* untuk mengukur *psychological well being* dan *psychological distress*. Penelitian ini dilakukan di Asrama TNI-AD pada bulan April-Maret 2022. Data dianalisis secara univariat menggunakan bantuan SPSS. Hasil penelitian menunjukkan bahwa 53,4% responden mengalami kesehatan mental sejahtera dan 46,6% mengalami kesehatan mental tidak sejahtera. Responden mengalami *psychological well being* baik 87,3% dan buruk 12,7% dan tidak mengalami *distress* 82,2% dan mengalami 17,8%. Penelitian ini menyimpulkan bahwa kesehatan mental pegawai Satbanmin TNI-AD selama pandemi sejahtera. Saran bagi keperawatan untuk memanfaatkan penelitian ini sebagai sumber informasi bagi perawat dalam mengembangkan program peningkatan kesehatan mental menggunakan tiga level pencegahan yaitu primer, sekunder dan tersier kepada pegawai Satbanmin TNI-AD.

Kata Kunci : COVID-19, kesehatan mental, *psychological well being*, *psychological distress*

Daftar pustaka : 97 (1999-2022)

ABSTRACT

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An Overview of Mental Health for Employees of the Indonesian Army's Administrative Assistance Unit (SATBANMIN TNI-AD) during the Pandemic COVID-19

xiii + 92 Pages + 8 Tables + 2 Pictures + 16 Attachments

The COVID-19 pandemic has had an impact on mental health for Satbanmin TNI-AD employees in the form of work stress. There are differences of opinion regarding the mental health of office workers during the pandemic. The purpose of this study was to determine the health picture of Satbanmin TNI-AD employees during the COVID-19 pandemic. This research is a quantitative study using a total sampling technique of 118 respondents. The questionnaire used was Mental Health Inventory-38 (MHI-38) to measure psychological well being and psychological distress. This research was conducted at the TNI-AD Dormitory in April-March 2022. The data were analysed univariately using SPSS assistance. The results showed that 53.4% of respondents experienced prosperous mental health and 46.6% experienced poor mental health. Respondents experienced good psychological well being 87.3% and 12.7% bad and did not experience distress 82.2% and experienced 17.8%. This study concludes that the mental health of the Satbanmin TNI-AD employees during the pandemic is prosperous. Suggestions for nurses to use this research as a source of information for nurses in developing mental health improvement programs using three levels of prevention, namely primary, secondary and tertiary for the Satbanmin TNI-AD employees.

Keywords : COVID-19, mental health, psychological well being, psychological distress

Bibliography : 97 (1999-2022)