

ABSTRAK

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Program Studi : Kedokteran Umum

Judul : Pengaruh *School from Home* Selama Pandemi COVID-19 Terhadap Tingkat Depresi Mahasiswa Kedokteran Universitas YARSI Angkatan 2018/2019 & 2019/2020

Latar Belakang : Pandemi COVID-19 telah menyebar cepat di seluruh dunia terutama di Indonesia. Jumlah kasus di Indonesia sendiri berdasarkan data Kemenkes RI per November 2020 sebanyak 511.836 orang dengan jumlah kematian sebanyak 16.225 orang dan masih terus bertambah. Pandemi COVID-19 ini telah mempengaruhi berbagai tatanan kehidupan bermasyarakat dimulai dari ekonomi, sosial, pendidikan, kesehatan. Akibatnya terjadinya resesi ekonomi di berbagai negara, terhambatnya proses belajar di instansi Pendidikan, diterapkannya protokol kesehatan di berbagai tempat umum. Salah satu dampak yang terjadi pada saat pandemi adalah stress yang dapat berubah menjadi depresi, stress adalah perubahan lingkungan secara fisik, fisiologis, dan sosial secara tiba-tiba dan tidak konsisten yang dirasakan oleh suatu organisme. Berbagai upaya telah dilakukan pemerintah untuk menekan peningkatan angka prevalensi COVID-19 salah satunya menerapkan belajar atau sekolah dari rumah (*school from home*) bagi siswa sekolah serta mahasiswa perguruan tinggi. Pembelajaran di rumah atau *school from home* memiliki berbagai macam dampak kepada siswa atau mahasiswa salah satunya dampaknya adalah depresi.

Metode : Penelitian ini menggunakan desain penelitian cross sectional dengan menggunakan data primer dari hasil pengisian kuisioner melalui *google form* pada mahasiswa fakultas kedokteran Universitas YARSI angkatan 2018/2019 & 2019/2020. Analisa menggunakan uji *chi-square* dengan hasil perhitungan statistik dianggap bermakna jika nilai $p < 0.05$.

Hasil : Diperoleh 102 responden dari jumlah keseluruhan mahasiswa Kedokteran Universitas YARSI 2018/2019 dan 2019/2020. Jumlah tersebut terdiri dari ditemukan tidak depresi sebanyak 64 orang (62.7%), depresi ringan sebanyak 36 orang (35.3%), depresi sedang sebanyak 2 orang (2%), depresi berat tidak ditemukan.

Kesimpulan : Terdapat pengaruh antara jenis kelamin, usia, angkatan mahasiswa selama melakukan *school from home* selama pandemi COVID-19 pada mahasiswa fakultas kedokteran Universitas YARSI angkatan 2018/2019 & 2019/2020.

Kata Kunci : Depresi, COVID-19, Mahasiswa.

ABSTRACT

Name : Muhammad Rafly Fauzan Asdar

Study Program : Kedokteran Umum

Judul : *The Influence of School from Home During the COVID-19 Pandemic on Depression Level of YARSI University Medical Students class of 2018/2019 & 2019/2020*

Background : *The COVID-19 pandemic has spread rapidly around the world, especially in Indonesia. The number of cases in Indonesia alone based on data from the Indonesian Ministry of Health as of November 2020 is 511.836 people with 16.225 deaths and still growing. The COVID-19 pandemic has affected various aspects of community life, starting from economic, social, education, health. As a result, there is an economic recession in various countries, the learning process in educational institutions is hampered, health protocols are implemented in various public places. One of the impacts that occurs during a pandemic is stress which can turn into depression, stress is a sudden and inconsistent change in the physical, physiological, and social environment felt by an organism. Various efforts have been made by the government to reduce the increase in the prevalence of COVID-19, one of which is implementing learning or school from home for school students and university students. Learning at home or school from home has various impacts on students, one of which is depression.*

Method : This study used a cross-sectional research design using primary data from the results of filling out questionnaires through google form on YARSI University medical faculty students class 2018/2019 & 2019/2020. Analysis using the chi-square test with the results of statistical calculations is considered meaningful if the p value is <0.05 .

Results : 102 respondents were obtained from the total number of YARSI University Medical Students 2018/2019 and 2019/2020. This number consists of 64 people (62.7%) found not depressed, 36 people (35.3%) mild depression, 2 people (2%) moderate depression, severe depression was not found.

Conclusion : There is an influence between gender, age, class of students while doing school from home during the COVID-19 pandemic on YARSI University medical faculty students class 2018/2019 & 2019/2020.

Keywords : Depression, COVID-19, College, Students.