ABSTRAK

PENGEMBANGAN MODEL *PSYCHOLOGICAL FIRST AID* BERBASIS *CRISIS EMERGENCY THEORY* TERHADAP KESIAPAN PSIKOLOGIS DAN STIGMA SOSIAL PADA MASYARAKAT INFEKSI COVID-19

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Pendahuluan: *Coronavirus Disease* 2019 (COVID-19) telah menjadi krisis kesehatan di dunia yang memunculkan distress psikologis dan stigma sosial negative. Penelitian ini bertujuan untuk mengembangkan model *psychological first aid* berbasis *crisis emergency theory* terhadap kesiapan psikologis dan stigma sosial COVID-19. **Metode:** Penelitian *explanatory survey* dengan pendekatan *cross sectional.* Populasi dalam penelitian ini adalah seluruh masyarakat di Pulau Jawa dengan besar sampel 1218 responden dan diambil dengan cara *convenience sampling.* Data dikumpulkan menggunakan kuisioner dari masing-masing sub variabel, kemudian data dianalisis menggunakan *partial least square. Focus group discussion* dilakukan untuk mencari solusi dari isu strategis yang telah ditentukan, hasil dari FGD kemudian dilakukan konsultasi pakar untuk Menyusun modul pengembangan. **Hasil:** Terdapat pengaruh yang signifikan faktor internal individu terhadap *crisis mental health emergency* (t = 2,829), kesiapan psikologis (t = 2,679), dan stigma sosial (t = 2,500). Faktor psikologis berpengaruh terhadap *crisis mental health emergencies* (t = 6,533), kesiapan psikologis (t = 2,261) dan stigma sosial (t = 2,240). Faktor eksternal berpengaruh terhadap *crisis mental health emergencies* (t = 2,190), kesiapan psikologis (t = 2,681) dan stigma sosial (t = 3,332). C*risis mental health emergencies* berpengaruh terhadap *psychological first aid* (t = 3,748) dan *psychological first aid* berpengaruh terhadap kesiapan psikologis (t = 10,742) dan tidak berpengaruh tgerhadap stigma sosial (t = 0,903). **Kesimpulan:** Pengembangan *psychological first aid* memodifikasi pengetahuan dan sikap individu, mengontrol tingkat stress dan kecemasan yang terjadi, mekanisme koping, dukungan sosial, lingkungan dan fasilitas penunjang.

Kata Kunci: COVID-19, kesiapan psikologis, *psychological first aid,* stigma sosial

ABSTRACT

DEVELOPMENT OF PSYCHOLOGICAL FIRST AID MODEL BASED ON EMERGENCY THEORY CRISIS TOWARDS PSYCHOLOGICAL READINESS AND SOCIAL STIGMA IN COMMUNITIES WITH COVID-19 INFECTION

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Introduction: *Coronavirus Disease 2019 (COVID-19) has become a global health crisis that has generated psychological distress and negative social stigma. This study aims to develop a psychological first aid model based on crisis emergency theory on the psychological preparedness and social stigma of COVID-19.* ***Methods:*** *Explanatory survey research with cross sectional approach. The population in this study were all people in Java with a sample size of 1218 respondents and were taken by convenience sampling. Data were collected using a questionnaire from each sub variable, then the data were analyzed using partial least square. Focus group discussions were conducted to find solutions to predetermined strategic issues. The results of the FGD were then carried out by expert consultations to prepare development modules.* ***Results:*** *There was a significant effect of individual internal factors on mental health emergency crisis (t = 2.829), psychological readiness (t = 2.679), and social stigma (t = 2.500). Psychological factors influence mental health emergencies (t = 6,533), psychological preparedness (t = 2.261) and social stigma (t = 2,240). External factors influence mental health emergencies (t = 2.190), psychological readiness (t = 2.681) and social stigma (t = 3,332). Mental health emergencies crisis affected psychological first aid (t = 3,748) and psychological first aid affected psychological preparedness (t = 10,742) and had no effect on social stigma (t = 0.903).* ***Conclusion:*** *psychological first aid development modifies individual knowledge and attitudes, controls the level of stress and anxiety that occurs, coping mechanisms, social support, environment and supporting facilities.*

Keywords: *COVID-19, first aid, psychological readiness, social stigma*