

**ABSTRACT**

Positive confirmed cases of COVID-19 in Indonesia are increasing, where East Java Province is one of the provinces with a high number of positive confirmed cases and Surabaya is the main contributor to positive cases in East Java. The increasing number of positive cases of COVID-19 in Surabaya has led to overcapacity in several COVID-19 referral health facilities and a reduction in health workers due to exposure to COVID-19. This can be a stressor for health workers. The purpose of this study is to identify the symptoms of post-traumatic stress disorder and to analyze the factors associated with the symptoms of post-traumatic stress disorder among health workers who work during the COVID-19 pandemic in Surabaya.

This research is an observational study with a cross-sectional analytic design. The sample used was 185 samples through screened sample technique with the accidental sampling technique. The data was collected online using google form that consisting of respondent characteristics, social support scale using MSPSS questionnaire, and post-traumatic stress disorder symptom scale using PCL-5 questionnaire. Data were analyzed using the chi-square test ( $\alpha = 0.05$ ), if the chi-square did not meet the requirements then the Fisher test ( $\alpha = 0.05$ ) was used.

The results showed that 36 health workers experienced the four symptoms of post-traumatic stress disorder (19.5%). There was a significant relationship between symptoms of post-traumatic stress disorder with age ( $P = 0.002$ ), gender ( $P = 0.046$ ), marital status ( $P = 0.014$ ), history of psychological disorders ( $P = 0.000$ ), and social support ( $P = 0.038$ ). However, there was no significant relationship between symptoms of post-traumatic stress disorder with the type of education ( $P = 0.475$ ) and patient contact status (0.510).

As many as 19.5% of health workers experienced the four symptoms of post-traumatic stress disorder, which were significantly related to age, gender, marital status, history of psychological disorders, and social support. To improve the mental health of healthcare workers, health facilities are advised to provide counseling and screen for post-traumatic stress disorders for every healthcare worker.

Keywords: Post-traumatic Stress Disorder, COVID-19, Healthcare Worker

**ABSTRAK**

Kasus konfirmasi positif COVID-19 di Indonesia semakin meningkat, dimana Provinsi Jawa Timur adalah salah satu provinsi dengan jumlah kasus konfirmasi positif yang tinggi dan Surabaya menjadi penyumbang utama kasus positif di Jawa Timur. Meningkatnya jumlah kasus positif COVID-19 di Surabaya menyebabkan *over capacity* di beberapa fasilitas kesehatan rujukan COVID-19 serta berkurangnya tenaga kesehatan karena turut terpapar COVID-19. Hal ini dapat menjadi salah satu stresor bagi tenaga kesehatan. Tujuan dari penelitian ini adalah mengidentifikasi gambaran gejala gangguan stres pascatrauma dan menganalisis faktor yang berhubungan dengan gejala gangguan stres pascatrauma pada tenaga kesehatan yang bekerja saat pandemi COVID-19 di Surabaya.

Penelitian ini merupakan penelitian observasional dengan rancang bangun *cross sectional analitic*. Sampel yang digunakan sebanyak 185 sampel melalui teknik *screened sample* dengan teknik pengambilan *accidental sampling*. Pengumpulan data dilakukan secara online menggunakan *google form* terdiri dari karakteristik responden, skala dukungan sosial dengan menggunakan kuesioner MSPSS, dan skala gejala gangguan stres pascatrauma dengan menggunakan PCL-5. Data dianalisis menggunakan uji *chi-square* ( $\alpha=0,05$ ), apabila *chi-square* tidak memenuhi syarat maka digunakan uji *fisher* ( $\alpha=0,05$ ).

Hasil penelitian menunjukkan bahwa tenaga kesehatan yang mengalami keempat gejala gangguan stres pascatrauma adalah sebanyak 36 orang (19,5%). Didapatkan hubungan yang signifikan antara gejala gangguan stres pascatrauma dengan usia ( $P=0,002$ ), jenis kelamin ( $P=0,046$ ), status pernikahan ( $P=0,014$ ), riwayat gangguan psikologi ( $P=0,000$ ), dan dukungan sosial ( $P=0,038$ ). Namun tidak terdapat hubungan yang signifikan antara gejala gangguan stres pascatrauma dengan jenis pendidikan ( $P=0,475$ ) dan status kontak dengan pasien (0,510).

Sebanyak 19,5% tenaga kesehatan mengalami keempat gejala gangguan stres pasca trauma, dimana hal ini berhubungan secara signifikan dengan usia, jenis kelamin, status pernikahan, riwayat gangguan psikologis, dan dukungan sosial. Dalam upaya meningkatkan kesehatan mental tenaga kesehatan pihak fasilitas kesehatan disarankan menyediakan konseling bagi tenaga kesehatan serta skrining gangguan stres pascatrauma pada setiap tenaga kesehatan.

Kata Kunci: Gejala Gangguan Stres Pascatrauma, COVID-19, Tenaga Kesehatan