

# GAMBARAN GANGGUAN MENTAL EMOTIONAL ANAK DI MASA PANDEMI SEBAGAI DAMPAK TIDAK LANGSUNG DARI *SCHOOL FROM HOME*

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## INTISARI

**Latar belakang** : Masalah mental emosional merupakan distress psikologi dimana kondisi suatu keadaan mengidentifikasi seseorang mengalami perubahan psikologis. Selama pandemik pembelajaran tatap muka ditiadakan dan digantikan dengan pembelajaran dirumah sehingga masalah mental emosional pada anak usia sekolah selama *School From Home* yaitu sulit mengikuti pembelajaran, mudah bosan, sering mengeluh, mengalami gangguan tidur, dan perilaku berisiko seperti berkelahi.

**Tujuan** : Mengetahui gambaran gangguan emotional anak dimasa pandemi sebagai dampak tidak langsung dari *school from home*

**Metode** : Penelitian ini merupakan penelitian deskriptif kuantitatif dengan teknik pengambilan sampel *Stratified Random Sampling* dengan jumlah sampel 53 dari 115 responden. Pengambilan data menggunakan kuesioner gangguan mental emosional dengan kategori perilaku hiperaktivitas, masalah sosial dan gangguan emosional. Setiap kategori tersebut akan menghasilkan dua klasifikasi yaitu terganggu dan tidak terganggu.

**Hasil** : Sebagian besar responden pada penelitian ini berjenis kelamin laki-laki yaitu sebanyak 31 responden (58,5%) dan duduk di kelas V sebanyak 28 responden (52,8%). Gangguan mental emosional anak pada perilaku hiperaktivitas (60,4%), masalah sosial (64,2%), dan gangguan emosional (75,5%) berada pada kategori tidak terganggu

**Kesimpulan** : Gangguan mental emosional anak di SD Negeri Karangjati sebagian besar berada pada kategori tidak terganggu dengan jumlah 33 responden (62,3%) dan kategori terganggu berjumlah 20 responden (37,7%).

**Kata kunci** : Anak, Covid-19, Gangguan Mental Emosional, *School From Home*

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# DESCRIPTION OF CHILDREN'S EMOTIONAL MENTAL DISORDERS IN PANDEMIC TIMES AS INDIRECT IMPACTS FROM *SCHOOL FROM HOME*

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## Abstract

**Background** : Mental emotional problems are psychological distress where a condition identifies a person experiences psychological changes. During the pandemic, face-to-face learning is abolished and replaced by learning at home so that mental emotional problems in school-age children during *School From Home* are difficult to follow learning, easily bored, often complain, have sleep disorders, and risky behavior such as fighting.

**Objective** : To find out the description of children's emotional disorders during the pandemic as an indirect impact of *school from home*

**Methods** : This study is a quantitative descriptive study with the sampling technique *Stratified Random Sampling* with a total sample of 53 of 115 respondents. Data were collected using a mental emotional disorder questionnaire with categories of behavior hyperactivity, social problems and emotional disorders. Each of these categories will produce two classifications, namely disturbed and undisturbed.

**Results** : Most of the respondents in this study were male, as many as 31 respondents (58.5%) and 28 respondents (52.8%). Mental emotional disorders of children in hyperactivity behavior (60.4%), social problems (64.2%), and emotional disorders (75.5%) are in the undisturbed category.

**Conclusion** : Most of children's emotional mental disorders in SD Negeri Karangjati are in the undisturbed category with 33 respondents (62.3%) and the disturbed category with 20 respondents (37.7%).

**Keywords** : Children, Covid-19, Mental Emotional Disorders, *School From Home*

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