

## **Kesehatan Mental Masyarakat Kota Klaten Di Masa Pandemi Covid-19**

### **INTISARI**

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**Latar Belakang:** Pandemi Covid-19 menjadikan isu kesehatan mental menjadi isu yang sangat penting dalam kodisi ini. Pengaruh virus Covid-19 memang terasa oleh masyarakat diseluruh dunia karena virus Covid-19 juga merupakan virus baru. Bukan hanya dampak secara fisik namun juga menyerang kesehatan mental masyarakat contohnya seperti trauma, gelisah, kecemasan hingga frustasi.

**Tujuan Penelitian:** Untuk mengetahui dinamika Kesehatan mental masyarakat kota Klaten

**Metode Penelitian:** Metode yang di gunakan kualitatif dengan pendekatan Fenomenologi menggunakan teori kesehatan mental menurut Schneiders. Subjek dalam penelitian ini adalah empat orang yang berdomisili di kota Klaten yang telah mengikuti skrining kesehatan mental. Data di kumpulkan dengan survei, wawancara dan observasi.

**Hasil Penelitian:** Data penelitian yang telah di lakukan, di dapatkan hasil bahwa ke empat subjek mengalami gangguan kesehatan mental di masa pandemi covid-19 seperti kecemasan, gejala psikosomatis dan gelisah yang berlebihan. Kredibilitas dalam penelitian ini menggunakan Trianggulasi Sumber dan Trianggulasi metode

**Kesimpulan:** Empat orang masyarakat Kota Klaten mengalami gangguan secara psikologis di masa pandemic dengan gejala psikosomatis, kecemasan meningkat dan gelisah. Faktor yang mempengaruhi gangguan Kesehatan mental yaitu, faktor internal dan faktor eksternal dimana masyarakat dipengaruhi oleh kondisi lingkungan di masa pandemic covid-19

**Kata Kunci:** Kesehatan mental, *Pandemi Covid-19*

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# ***The Mental Health of The People of Klaten City During The Covid-19 Pandemic***

## ***ABSTRACT***

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**Background:** The Covid-19 pandemic has made mental health issues a very important issue in this situation. The influence of the Covid-19 virus is felt by people all over the world because the Covid-19 virus is also a new virus. Not only the physical impact but also the mental health of the community, for example, trauma, anxiety, anxiety to frustration.

**Objective:** To find out the dynamics of mental health of the people of Klaten city

**Methods:** The method used is qualitative with a phenomenological approach using mental health theory according to Schneiders. The subjects in this study were four people who lived in the city of Klaten who had taken mental health screening. Data were collected by surveys, interviews and observations.

**Result:** The research data that has been carried out shows that the four subjects experienced mental health disorders during the COVID-19 pandemic such as anxiety, psychosomatic symptoms and excessive anxiety. Credibility in this study uses source triangulation and triangulation methods

**Conclusion:** Four people in Klaten City experienced psychological disorders during the pandemic with psychosomatic symptoms, increased anxiety and anxiety. Factors that affect mental health disorders, namely, internal factors and external factors where the community is influenced by environmental conditions during the Covid-19 pandemic

**Keywords:** mental health, Covid-19 pandemic

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