

**GAMBARAN POTENSI KEJADIAN *POST-TRAUMATIC STRESS*
DISORDER PADA MAHASISWA PENYINTAS COVID-19 DI
FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS**



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ABSTRACT

DESCRIPTION OF POTENTIAL EVENTS OF POST-TRAUMATIC STRESS DISORDER IN STUDENTS SURVIVING COVID-19 AT THE FACULTY OF MEDICINE, ANDALAS UNIVERSITY

By

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The Covid-19 pandemic has become a potentially traumatic event that can trigger the development of Post-Traumatic Stress Disorder (PTSD), especially in Covid-19 survivors. The study found that college students (aged 16 to 25 years) are at the most significantly risk for exposure to potentially traumatic events. The aim of this study was to describe the potential for PTSD in students who survived Covid-19 at the Faculty of Medicine, Andalas University.

This research is a descriptive study with a case-control design. A total of 167 student survivors of Covid-19 participate in the study. Data were obtained by the PTSD Checklist for DSM-5 (PCL-5) questionnaire digitally.

The study found that 18% of Covid-19 survivor students at the Faculty of Medicine, Andalas University had the potential to experience PTSD. The potential for PTSD is more susceptible to being experienced by male Covid-19 survivor students (30.4%), younger age, experienced clinical symptoms of moderate illness Covid-19 (29,2%), and hadn't a history of mental disorders (100%). Alterations in mood and cognition symptoms domain are the most dominant symptoms of PTSD experienced by study subjects with potential PTSD. Most study subjects with potential PTSD don't experience stressors like life-threatening events, exposure to news about Covid-19, or social isolation.

The conclusion of this study, there were student survivors of Covid-19 at the Faculty of Medicine at Andalas University have potentially PTSD.

Keywords: PTSD, survivor Covid-19 college students, PCL-5

ABSTRAK

GAMBARAN POTENSI KEJADIAN *POST-TRAUMATIC STRESS DISORDER* PADA MAHASISWA PENYINTAS COVID-19 DI FAKULTAS KEDOKTERAN UNIVERSITAS ANDALAS

Oleh

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Pandemi Covid-19 telah menjadi peristiwa yang berpotensi traumatis yang dapat memicu pengembangan *Post-Traumatic Stress Disorder* (PTSD) terutama pada para penyintas Covid-19. Studi menemukan kalangan mahasiswa (usia 16 hingga 25 tahun) menjadi risiko terbesar untuk terpapar peristiwa yang berpotensi traumatis. Tujuan penelitian ini adalah untuk mengetahui gambaran potensi kejadian PTSD pada mahasiswa penyintas Covid-19 di Fakultas Kedokteran Universitas Andalas.

Penelitian ini merupakan penelitian deskriptif dengan desain *case-control*. Sebanyak 167 orang mahasiswa penyintas Covid-19 berpartisipasi pada penelitian. Data didapatkan melalui kuesioner *PTSD Checklist for DSM-5* (PCL-5) secara online.

Hasil penelitian didapatkan sebanyak 18% mahasiswa penyintas Covid-19 di Fakultas Kedokteran Universitas Andalas berpotensi mengalami PTSD. Potensi PTSD lebih rentan dialami oleh mahasiswa penyintas Covid-19 berjenis kelamin laki-laki (30,4%), usia lebih muda, mengalami gejala klinis Covid-19 sakit sedang (29,2%), dan tidak memiliki riwayat gangguan mental (100%). Gejala domain perubahan suasana hati dan kognitif merupakan gejala PTSD yang paling dominan dialami oleh subjek penelitian yang berpotensi PTSD. Sebagian besar subjek penelitian yang berpotensi PTSD tidak mengalami stresor, seperti kejadian yang mengancam jiwa, paparan berita tentang Covid-19, atau isolasi sosial.

Kesimpulan dari penelitian ini, terdapat mahasiswa penyintas Covid-19 di Fakultas Kedokteran Universitas Andalas yang berpotensi PTSD.

Kata Kunci: PTSD, mahasiswa penyintas Covid-19, PCL-5