

GAMBARAN RESILIENSI PADA PENYINTAS COVID-19

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ABSTRAK

Kasus COVID-19 di Tasikmalaya mengalami peningkatan yang pesat setiap harinya. Peningkatan kasus COVID-19 ini meningkatkan kecemasan kepada setiap individu terlebih kepada penyintas COVID-19. Penyintas COVID-19 rentan mengalami gejala psikologis seperti kecemasan, kesepian, depresi, dan yang paling umum terjadi adalah adanya gejala PTSD (Post-Traumatic Stress Disorder). Hal tersebut menjadi tantangan bagi penyintas COVID-19 dalam mengatasi dan mencegah terjadinya gejala psikologis dengan resiliensi diri pada penyintas COVID-19. Resiliensi dapat meningkatkan daya tahan individu terhadap stress yang dihadapi dan menurunkan peluang individu mengalami PTSD. Penelitian ini bertujuan untuk mengetahui bagaimana gambaran resiliensi pada penyintas Covid-19. Penelitian dilakukan dengan menggunakan metode kualitatif dengan menggunakan pendekatan studi kasus. Pendekatan kualitatif dilakukan dengan metode wawancara, observasi, dan dokumentasi. Teknik pengambilan sampel menggunakan metode purposive sampling dengan jumlah subjek penelitian 3 penyintas Covid-19. Hasil penelitian ini menunjukkan bahwa gambaran resiliensi pada ketiga subjek menonjol dalam social competence yaitu kemampuan sosial subjek mencakup komunikasi dan hubungan interpersonal yang baik dengan orang lain. Social competence ini memunculkan adanya dukungan sosial dari orang lain yang membuat ketiga subjek mampu bertahan dan berjuang mengatasi keadaannya. Selain social competence, ketiga subjek juga menunjukkan adanya keyakinan dalam mengatasi keadaannya, mampu mengambil sisi positif sebagai penyintas COVID-19, dan mampu memanfaatkan sumber eksternal dalam mengatasi keadaan subjek sebagai penyintas COVID-19.

Kata Kunci: Resiliensi, Penyintas Covid-19, Pandemi Covid-19

DESCRIPTION OF RESILIENCE IN COVID-19 SURVIVORS

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ABSTRACT

COVID-19 cases in Tasikmalaya are increasing rapidly every day. This increase in COVID-19 cases increases anxiety for every individual, especially for COVID-19 survivors. COVID-19 survivors are prone to experiencing psychological symptoms such as anxiety, loneliness, depression, and the most common is the presence of PTSD (Post-Traumatic Stress Disorder) symptoms. This is a challenge for COVID-19 survivors in overcoming and preventing the occurrence of psychological symptoms with resilience in COVID-19 survivors. Resilience can increase an individual's resistance to stress and reduce an individual's chance of experiencing PTSD. This study aims to determine the description of resilience among Covid-19 survivors. The research was conducted using qualitative method using a case study approach. The qualitative approach was conducted using interview, observation, and documentation. The sampling technique used purposive sampling and the research subject were 3 Covid-19 survivors. The results of this study indicate that the picture of resilience in the three subjects stands out in social competence or the subject's social skills include communication and good interpersonal relationships with others. This social competence gave rise to social support from others which made the three subjects able to survive and struggle to cope with their situation. In addition to social competence, the three subjects also showed confidence in overcoming their situation, were able to take the positive side as a COVID-19 survivors, and were able to utilize external sources in overcoming the subject's condition as a COVID-19 survivors.

Keywords: Resilience, Covid-19 Survivors, Pandemic Covid-19