



## MASALAH PSIKOLOGIS REMAJA AKIBAT PANDEMI COVID-19: LITERATURE REVIEW

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### ABSTRAK

Risiko peningkatan masalah psikologis usia remaja, seperti gangguan jiwa, depresi, stress, cemas dan trauma, merupakan akibat dari kegiatan pembatasan sosial yang bahkan hingga karantina pada masa pandemi Covid-19. Jenis penelitian adalah deskriptif kualitatif, menggunakan metode *systematic literature review* (SLR), dengan analisis isi atau *narrative review*, untuk mengetahui dan menganalisis topik terkait masalah psikologis remaja akibat pandemi Covid-19. Data yang di gunakan merupakan hasil pencarian pada *database* publikasi ilmiah *PubMed*, *Scencedirect*, *Proquest* dan *Springlink*. Menggunakan *keyword* "masalah psikologis remaja dan Covid-19". Sebanyak 10 artikel didapatkan melalui proses seleksi dari 79 artikel. Hasil penelitian menunjukkan bahwa adanya kejadian pandemi Covid-19, menyebabkan peningkatan masalah psikososial bahkan menimbulkan gangguan psikologis seperti depresi, stress, kecemasan, trauma pada anak remaja, proses *lockdown* dan karantina pemicu utama masalah psikologis di masa pandemi Covid-19. Disimpulkan bahwa pandemi Covid-19 menimbulkan masalah psikologis hingga gangguan kejiwaan bagi masyarakat, terkhusus usia remaja. Diharapkan kepada penyedia pelayanan kesehatan agar menyediakan pelayanan psikologi dan kejiwaan yang lebih berkualitas, di masa pandemi Covid-19 bahkan pasca pandemi Covid-19.

Kata kunci: *covid-19*; masalah psikologis; remaja

## PSYCHOLOGICAL PROBLEMS OF ADOLESCENTS DUE TO THE COVID-19 PANDEMIC: LITERATURE REVIEW

### ABSTRACT

*The risk of increased psychological pressure in adolescence, such as mental disorders, depression, stress, anxiety, and trauma, is a result of social distancing activities that even resulted in quarantine during the COVID-19 pandemic. This type of research is descriptive-qualitative, using the Systematic Literature Review (SLR) methodology with content analysis or narrative review to identify and analyze topics related to adolescent psychology due to the COVID-19 pandemic. The data used is the result of research on the PubMed, ScienceDirect, Proquest, and SpringerLink scientific publication databases. Using the keyword "adolescent psychology and COVID-19," A total of 10 articles went through a selection or sorting process from 79 articles. The results of the study show that the occurrence of the COVID-19 pandemic can increase psychological pressure and even cause psychological disorders such as depression, stress, anxiety, and anxiety disorders in adolescents. The processes of lockdown and quarantine are the main triggers of psychological problems during the COVID-19 pandemic. It was concluded that the COVID-19 pandemic caused psychological problems to the point of severe mental disorders for the community, especially teenagers. It is hoped that health service providers will provide higher-quality psychological and psychiatric services during the COVID-19 pandemic and even afterward.*

*Keywords: adolescence; covid-19; emotion psychology*

**PENDAHULUAN**

Pandemi *corona virus disease* 2019 (COVID-19) melatarbelakangi adanya langkah pencegahan dengan menjaga jarak sosial, atau karantina di setiap negara. Kegiatan pendidikan di sekolah-sekolah sangat terdampak oleh hal tersebut, hingga anak remaja mengalami putus sekolah. Sementara menurut UNESCO 1,5 miliar generasi muda adalah pelajar (Lee, 2020). Kegiatan karantina merupakan salah satu bentuk tindakan pembatasan sosial yang memisahkan aktivitas setiap orang, agar pencegahan Covid-19 dapat di lakukan secara efektif, hal ini dapat di lakukan di rumah atau di fasilitas kesehatan bagi memiliki potensi terpapar (MOHFW, 2019).

Timbulnya tindakan kekerasan dalam keluarga, akibat tekanan ekonomi dan kehampaan hingga eksploitasi anak, adalah dampak dari karantina atau pembatasan sosial yang berkepanjangan (Lee, 2020). Hal ini menyebabkan terjadinya masalah psikologis atau tekanan psikologi yang buruk kepada anak remaja. Aspek perkembangan kesehatan psikologis merupakan bagian yang harus di jaga, melalui silaturahmi dan interaksi anak (Saurabh & Ranjan, 2020). Kegiatan pembatasan sosial hingga karantina telah terjadi hampir diseluruh negara. Pekerja dikembalikan di kampung halaman, dan keluarga terpisahkan (MoHFW, 2020; Saurabh & Ranjan, 2020; Wikipedia, 2023).


Terdapat risiko peningkatan tekanan psikologi seperti gangguan jiwa akibat dari kegiatan pembatasan sosial yang bahkan hingga karantina peningkatan risiko gangguan kejiwaan, usia remaja rentan dan berdampak langsung dengan tekanan psikologis, dampak Covid-19 sangat merugikan psikologis anak remaja (Humphreys, 2019; Norredam et al., 2018). Menurut Selim (2020) dalam hasil penelitiannya bahwa kajian terkait gangguan kejiwaan remaja di masa pandemi sangat diperlukan, karena keadaan demikian dapat terus berlangsung atau berulang (Guessoum et al., 2020). Hingga saat ini sebagian besar studi terkait Covid-19, telah di telaah terkait penyebarannya, pencegahannya, dampak yang di timbulkan terhadap perekonomian serta penganggulan. Namun hanya Sebagian kecil bahkan hampir tidak di jumpai telaah review terkait pandemi Covid-19 terhadap kondisi psikologis remaja. Sehingga Studi ini akan mendeskripsikan terkait dampak Covid-19 terhadap psikologis remaja.

**METODE**

Penelitian ini merupakan jenis deskriptif kualitatif, dengan pendekatan metodologi Systematic Literature Review (SLR). Menggunakan metode analisis isi atau narrative review, untuk mengetahui dan menganalisis topik terkait masalah psikologis remaja akibat pandemi Covid-19. Penelitian ini disusun secara sistematis berdasarkan alur atau ketentuan dalam literature review, untuk menghindari subjektivitas. Data literatur yang di gunakan yaitu merujuk pada hasil pencarian pada database publikasi ilmiah yang kredibel dan *up to date* seperti: 1) PubMed, 2) Sciencedirect, 3) Proquest dan 4) Springlink. Menggunakan keyword “psikologis remaja dan Covid-19”. Selanjutnya, artikel yang telah di kumpulkan berdasarkan relevansi topik yaitu sebanyak 79 artikel, dan dilakukan proses seleksi atau sortir, proses tersebut, dapat di lihat pada tabel berikut:

Tabel 1.  
Alur proses pencarian dan seleksi artikel

<p>Sumber: 1. PubMed, 2. Sciencedirect, 3. Proquest dan 4. Springlink</p>		<p>Artikel yang di dapatkan berdasar keyword yaitu sebanyak 79 artikel</p> <p style="text-align: center;">↓</p>
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Artikel terpilih sebanyak 13, setelah di sortir berdasarkan kriteria eksklusi: 1. Memiliki variabel “psikologis remaja dan Covid-19” 2. Penelitian yang di lakukan pada saat pandemi Covid-19 3. Terbitan dalam waktu 5 tahun terakhir	Artikel terpilih sebanyak 30, setelah di sortir berdasarkan kriteria eksklusi: 1. Dapat didownload secara terbuka/geratis 2. Memiliki full text 3. Tidak terpublikasi ganda 4. Diterbitkan sebelum pandemi covid-19
	
Artikel terpilih setelah disortir berdasrakan kriteria eksklusi dan inklusi yaitu sebanyak 13 artikel.	

### HASIL

Berdasarkan hasil seleksi artikel yang di peroleh dari sumber: PubMed, Sciencedirect, Proquest dan springlink, maka di temukan 10 artikel yang relevan dengan kata kunci yang di gunakan dalam penelitian ini yaitu psikologis remaja dan covid-19, selanjutnya, 10 artikel yang ditemukan di jadikan sampel untuk direview, adapapun hasil review pada 10 artikel tersebut dapat di lihat pada tabel 2.

Tabel 2.  
Telaah/review artikel yang telah di seleksi

No.	Nama Peneliti	Tahun	Judul Penelitian	Hasil
	Kumar Saurabh & Ranjan Shilpi	2020	Compliance and Psychological Impact of Quarantine in Children and Adolescents due to Covid-19 Pandemic	Most of the children and adolescents were non-compliant as compliance with all requirements was low (7.43%), though compliance with community protective measures (17.35%) was better than compliance with household protective measures (10.71%). Quarantined children and adolescents experienced greater psychological distress than non-quarantined children and adolescents (p <0.001). Worry (68.59%), helplessness (66.11%) and fear (61.98%) were the most common feelings experienced under quarantine (Saurabh & Ranjan, 2020)
	Ridwan Islam Sifat, Maisaa Mehzabin Ruponty, Md. Kawser Rahim Shuvo, Mehjabin Chowdhury, dan Shidratul Moontaha Suha	2022	Impact of COVID-19 pandemic on the mental health of school-going adolescents: insights from Dhaka city, Bangladesh	The study revealed that prolonged school closure, fear of the disease, disruption in education, excessive use of digital devices, and the culture of ignoring adolescents' mental health are responsible for pausing detrimental effects on adolescents' mental health. Adolescents suffered from mental health issues like stress, anxiety, depression, and sleeping disorders during the lockdown. (Sifat et al., 2022).
	Zsofia P. Cohen, Kelly T. Cosgrove, Danielle C. DeVille, Elisabeth	2021	The Impact of COVID-19 on Adolescent Mental Health: Preliminary Findings From a Longitudinal	With the onset of the pandemic, healthy but not ELS-exposed adolescents evidenced increased symptoms of depression and anxiety (ps < 0.05). Coping by talking with friends and prioritizing sleep had a protective effect

<p>Akeman, Manpreet K. Singh, Evan White, Jennifer L. Stewart, Robin L. Aupperle, Martin P. Paulus, dan Namik Kirlic</p>	<p>Sample of Healthy and At-Risk Adolescents</p>	<p>against anxiety for healthy adolescents (<math>t = -3.76, p = 0.002</math>) (Cohen et al., 2021)</p>
<p>Leilei Liang, Hui Ren, Ruilin Cao, Yueyang Hu, Zeying Qin, Chuanli Li, dan Songli Mei</p>	<p>2020 The Effect of COVID-19 on Youth Mental Health</p>	<p>Results of this study suggest that nearly 40.4% of the youth group had a tendency to have psychological problems. Thus, this was remarkable evidence that infectious diseases, such as COVID-19, may have an immense influence on youth mental health (Liang et al., 2020).</p>
<p>Jorg M.Fegert, Benedetto Vitiello, Paul L Plener, and Vera Clemens</p>	<p>2020 Challenges and burden of the Coronavirus 2019 (COVID-19) pandemic for child and adolescent mental health: a narrative review to highlight clinical and research needs in the acute phase and the long return to normality</p>	<p>There are numerous mental health threats associated with the current pandemic and subsequent restrictions. Child and adolescent psychiatrists must ensure continuity of care during all phases of the pandemic. COVID-19-associated mental health risks will disproportionately hit children and adolescents who are already saddened and marginalized. Research is needed to assess the implications of policies enacted to contain the pandemic on the mental health of children and adolescents, and to estimate the risk/benefit ratio of measures such as horrific schooling, to be better prepared for future developments (Fegert et al., 2020).</p>
<p>Selim Benjamin Guessoum, Jonathan Lachal, Rahmeth Radjack, Emilie Carretier, Emilie Carretier, Sevan Minassian, Laelia Benoit, Marie Rose Moro</p>	<p>2020 Adolescent psychiatric disorders during the COVID-19 pandemic and lockdown</p>	<p>The COVID-19 pandemic could result in increased psychiatric disorders such as Post-Traumatic Stress, Depressive, and anxiety disorders, as well as grief-related symptoms. Adolescents with psychiatric disorders are at risk of a break or change in their care and management; they may experience increased symptoms. Adolescents' individual, familial, and social vulnerability, as well as individual and familial coping abilities, are factors related to adolescent mental health in times of crisis. Adolescents are often vulnerable and require careful consideration by caregivers and healthcare system adaptations to allow for mental health support despite the lockdown (Guessoum et al., 2020).</p>
<p>Wenjun Cao, Ziwei Fang, Guoqiang Hou, Mei Han, Xinrong Xu, Jiaxin Dong, dan Jianzhong Zheng</p>	<p>2020 The psychological impact of the COVID-19 epidemic on college students in China</p>	<p>Results of correlation analysis indicated that economic effects, and effects on daily life, as well as delays in academic activities, were positively associated with anxiety symptoms (<math>P &lt; .001</math>). However, social support was negatively correlated with the level of anxiety (<math>P &lt; .001</math>). It is suggested that the mental health of college students should be monitored during epidemics (Cao et al., 2020).</p>
<p>Jorg M. Fegert, dan</p>	<p>2020 COVID-19 and its impact on child and adolescent</p>	<p>During the last number of weeks, tele-child-psychiatry and psychotherapy have increased, and outpatient services have been used</p>

<p>Ulrike M. E. Schulze</p>	<p>psychiatry – a German and personal perspective</p>	<p>cautiously and sparingly. Medical staff numbers will be augmented by doctors and nurses returning from retirement and by medical students on a voluntary basis. The federal government has warned that discrepancies in education will increase due to the closure of schools (Fegert et al., 2020).</p>
<p>Paula Odriozola-Gonzalez, Alvaro Planchuelo-Gomez, Maria Jesus Irurtia, dan Rodrigo de Luis-García</p>	<p>2020 Psychological effects of the COVID-19 outbreak and lockdown among students and workers of a Spanish university</p>	<p>Students from Arts &amp; Humanities and Social Sciences &amp; Law showed higher scores related to anxiety, depression, stress, and impact of event with respect to students from Engineering &amp; Architecture. University staff presented lower scores in all measures compared to students, who seem to have suffered an important psychological impact during the first weeks of the COVID-19 lockdown (Odriozola-González et al., 2020).</p>
<p>Shuang-Jiang Zhou, Li-Gang Zhang, Lei-Lei Wang, Zhao-Chang Guo, Jing-Qi Wang, Jin-Cheng Chen, Mei Liu, Xi Chen, dan Jing-Xu Chen</p>	<p>2020 Prevalence and socio-demographic correlates of psychological health problems in Chinese adolescents during the outbreak of COVID-19</p>	<p>The prevalence of depressive symptoms, anxiety symptoms, and a combination of depressive and anxiety symptoms was 43.7%, 37.4%, and 31.3%, respectively, among Chinese high school students during the COVID-19 outbreak. Our findings show there is a high prevalence of psychological health problems among adolescents, which are negatively associated with the level of awareness of COVID-19 (Zhou et al., 2020)</p>

**PEMBAHASAN**

Berdasarkan hasil review, maka di ketahui bahwa adanya kejadian pandemi Covid-19, dapat meningkatkan masalah psikologis bahkan menimbulkan gangguan psikologis seperti depresi, stress, kecemasan, trauma pada anak remaja, proses *lockdown* dan karantina merupakan aspek utama terjadinya masalah psikologis di masa pandemi Covid-19. Selain itu juga berdampak negatif pada proses pendidikan, dan aktivitas keseharian anak remaja. Masalah psikologis yang lebih besar dialami oleh anak remaja yang mengalami karantina, karena terpisah oleh anggota keluarga, bahkan hingga menimbulkan trauma berat. Menurut Rivaldi (2021) dalam penelitiannya bahwa remaja mengalami trauma selama masa pandemi Covid-19, karena meningkatnya rasa bosan, kesepian dan kecemasan (Rivaldy & Ghozali, 2021). Masalah gangguan psikologis akibat masalah sosial dan kultural pada masa pandemi covid-19, selain itu dampak terbesar dirasakan oleh anak-anak dan remaja (Compton et al., 2006; Kleinman, 2004).

Masalah psikologis pada anak dan remaja yang timbul akibat lockdown dan karantina dari penurunan kualitas mental, peningkatan depresi, dan peningkatan kecemasan selama krisis kesehatan (Chai et al., 2021). Anak-anak dan remaja sangat rentan menderita depresi dan masalah kecemasan selama pandemi (Oosterhoff et al., 2020). Masalah kesehatan mental akibat pandemi Covid-19 tidak lagi dapat di hindari. Informasi berlebihan juga turut meningkatkan kecemasan anak-anak dan remaja sehingga menimbulkan emosi yang negatif (Farooq et al., 2020). Puncak periode Covid-19 remaja lebih rentan mengalami depresi dan kecemasan di banding kelompok usia yang lain (Zhou et al., 2020). Kecemasan remaja karena jarak antara orang tua dengan meraka yang terbatas karena karantina (Kmietowicz, 2020; Xiao, 2020).

Tinjauan dalam penelitian yang lain menemukan hal berbeda, Oleh Benjamin (2020) bahwa jenis kelamin menjadi salah satu penyebab terjadinya masalah mental (Oosterhoff et al., 2020). Selain itu hasil penelitian yang menunjukkan hal positif dari pandemi Covid-19, bahwa tindakan isolasi di rumah justru membangun mental emosional anak-anak dan remaja karena lebih banyak waktu untuk bercengkrama dengan keluarga (Wang et al., 2020). Empati dan respon penyedia layanan kesehatan di tingkat primer, harus di tingkatkan guna memfasilitasi masyarakat yang mengalami masalah psikologi atau kejiwaan (Sudirman & Soleman, 2021). Terutama di masa pandemi Covid-19.

## SIMPULAN

Berdasarkan tujuan dari penelitian ini, maka dapat disimpulkan bahwa Pandemi Covid-19, menimbulkan masalah psikologi hingga gangguan kejiwaan berat bagi masyarakat, terkhusus usia remaja, yang sangat rentan dengan kondisi tersebut. Diharapkan kepada penyedia pelayanan kesehatan agar menyediakan pelayanan psikologi dan kejiwaan yang lebih berkualitas, di saat pandemi Covid-19 bahkan Pasca Pandemi Covid-19.

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