**Tabel 1.** Karakteristik responden dan status kesehatan mental di Indonesia (Depresi, Anxietas, dan Stress)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variabel** |  | **Depresi** | |  | **Anxietas** | |  | **Stress** | |  |
|  | **Total Sampel**  **(n=1458), n(%)** | **Ya**  **(n=298)n(%)** | **Tidak**  **(n=1160)n(%)** | ***P*** | **Ya**  **(n=504)n(%)** | **Tidak**  **(n=954) n(%)** | ***P*** | **Ya (n=371) n(%)** | **Tidak (n=1087) n(%)** | ***P*** |
| **Usia, mean±SD** | 25.93±9.988 | 23.61±7.59 | 26.52±10.44 | <0.001\* | 23.90±7.772 | 27.00±10.831 | <0.001\* | 23.77±7.223 | 26.66±10.674 | <0.001\* |
| **Jenis kelamin** |  |  |  |  |  |  |  |  |  |  |
| Laki-laki | 435 (29.8) | 88 (20.2) | 347 (79.8) | 0.954 | 126 (29.0) | 309 (71.0) | 0.004  \*\* | 93 (21.4) | 342 (78.6) | 0.024\*\* |
| Perempuan | 1023 (70.2) | 210 (20.5) | 813 (79.5) | 378 (37.0) | 645 (63.0) |  | 278 (27.2) | 745 (72.8) |  |
| **Agama** |  |  |  |  |  |  |  |  |  |  |
| Buddha | 44 (3.0) | 8 (18.2) | 36 (81.8) | 0.702 | 12 (27.3) | 32 (72.7) | 0.869 | 7 (15.9) | 37 (84.1) | 0.708 |
| Hindu | 5 (0.3) | 1 (20.0) | 4 (80.0) | 2 (40.0) | 3 (60.0) |  | 2 (40.0) | 3 (60.0) |  |
| Islam | 1267 (86.9) | 261 (20.6) | 1006(79.4) | 446 (35.2) | 821 (64.8) |  | 327 (25.8) | 940 (74.2) |  |
| Katolik | 57 (3.9) | 12 (21.1) | 45 (78.9) | 17 (29.8) | 40 (70.2) |  | 13 (22.8) | 44 (77.2) |  |
| Kong Hu Cu | 2 (0.1) | 1 (50.0) | 1 (50.0) | 1 (50.0) | 1 (50.0) |  | 1 (50.0) | 1 (50.0) |  |
| Kristen Protestan | 73 (5.0) | 15 (20.5) | 58 (79.5) | 23 (31.5) | 50 (68.5) |  | 19 (26.0) | 54 (74.0) |  |
| Lainnya | 10 (0.7) | 0 (0.0) | 10 (100.0) | 3 (30.0) | 7 (70.0) |  | 2 (20.0) | 8 (80.0) |  |
| **Status pernikahan** |  |  |  |  |  |  |  |  |  |  |
| Belum menikah | 1150 (78.9) | 259 (22.5) | 891 (77.5) | <0.001  \*\*\* | 423 (36.8) | 727 (63.2) | 0.002  \*\*\* | 314 (27.3) | 836 (72.7) | 0.004  \*\*\* |
| Bercerai | 26 (1.8) | 6 (23.1) | 20 (76.9) | 9 (34.6) | 17 (65.4) | 7 (26.9) | 19 (73.1) |
| Menikah | 282 (19.3) | 33 (11.7) | 249 (88.3) | 72 (25.5) | 210 (74.5) | 50 (17.7) | 232 (82.3) |
| **Tingkat pendidikan** |  |  |  |  |  |  |  |  |  |  |
| Rendah (SD/SMP) | 26 (1.8) | 7 (26.9) | 19 (73.1) | 0.002\*\*\* | 13 (50.0) | 13 (50.0) | 0.001  \*\*\* | 6 (23.1) | 20 (76.9) | 0.011\*\*\* |
| Menengah (SMA) | 455 (31.2) | 117 (25.7) | 338 (74.3) | 185 (40.7) | 270 (59.3) | 139 (30.5) | 316 (69.5) |
| Tinggi (S1/S2/S3) | 977 (67.0) | 174 (17.8) | 803 (82.2) | 306 (31.3) | 671 (68.7) | 226 (23.1) | 751 (76.9) |
| **Pekerjaan** |  |  |  |  |  |  |  |  |  |  |
| Karyawan | 397 (27.2) | 67 (16.9) | 330 (83.1) | 0.021\*\*\* | 120 (30.2) | 277 (69.8) | 0.120 | 87 (21.9) | 310 (78.1) | 0.070 |
| Mahasiswa | 772 (49.5) | 157 (21.7) | 565 (78.3) | 264 (36.6) | 458 (63.4) | 193 (26.7) | 529 (73.3) |
| Pelajar | 61 (4.2) | 18 (29.5) | 43 (72.5) | 27 (44.3) | 34 (55.7) | 22 (36.1) | 39 (63.9) |
| Wirausaha | 99 (6.8) | 13 (13.1) | 86 (86.9) | 34 (34.3) | 65 (65.7) | 20 (20.2) | 79 (79.8) |
| Tidak bekerja dan pensiun | 179 (12.3) | 43 (24.0) | 136 (76.0) | 59 (33.0) | 120 (67.0) | 49 (27.4) | 130 (72.6) |
| **Latar belakang karir** | | | | | | | | | | |
| Kesehatan | 728 (49.9) | 125 (17.2) | 603 (82.8) | 0.002\*\* | 213 (29.3) | 515 (70.7) | <0.001  \*\*\* | 166 (22.8) | 562 (77.2) | 0.024\*\* |
| Non-kesehatan | 730 (50.1) | 173 (23.7) | 557 (76.3) | 291 (39.9) | 439 (60.1) | 205 (28.1) | 525 (71.9) |
| **Pengeluaran pribadi dalam satu bulan** | | | | | | | | | | |
| < 1.000.000 | 327 (22.4) | 76 (23.2) | 251 (76.8) | 0.091 | 122 (37.3) | 205 (62.7) | 0.102 | 85 (26.0) | 242 (74.0) | 0.461 |
| 1.000.000−2.000.000 | 532 (36.5) | 114 (21.4) | 418 (78.6) |  | 504 (34.6) | 954 (65.4) |  | 133 (25.0) | 399 (75.0) |  |
| 2.000.000−5.000.000 | 402 (27.6) | 79 (19.7) | 323 (80.3) |  | 132 (32.8) | 270 (67.2) |  | 110 (27.4) | 292 (72.6) |  |
| 5.000.000-10.000.000 | 146 (10.0) | 25 (17.1) | 121 (82.9) |  | 47 (32.2) | 99 (67.8) |  | 35 (24.0) | 111 (76.0) |  |
| > 10.000.000 | 51 (3.5) | 4 (7.8) | 47 (92.2) |  | 10 (19.6) | 41 (80.4) |  | 8 (15.7) | 43 (84.3) |  |
| **Karaktersitik klinis** | | |  |  |  |  |  |  |  |  |
| **Riwayat Gangguan Mental Keluarga** | | | | | | | | | | |
| Ya | 132 (9.1) | 38 (28.8) | 94 (71.2) | 0.017\*\* | 56 (42.4) | 76 (57.6) | 0.058 | 54 (40.9) | 78 (59.1) | <0.001 \*\* |
| Tidak | 1326 (90.9) | 260 (19.6) | 1066(80.4) | 448 (33.8) | 878 (66.2) |  | 317 (23.9) | 1009(76.1) |  |
| **Riwayat Penyakit Kronik** | | | | | | | | | | |
| Ya | 86 (5.9) | 22 (25.6) | 64 (74.4) | 0.280 | 35 (40.7) | 51 (59.3) | 0.265 | 28 (32.6) | 58 (67.4) | 0.152 |
| Tidak | 1372 (94.1) | 276 (20.1) | 1096(79.9) | 469 (34.2) | 903 (65.8) |  | 343 (25.0) | 1029(75.0) |  |
| **Riwayat Penyakit Kronik Keluarga** | | | | | | | | | | |
| Ya | 76.4 (52.4) | 168 (22.0) | 596 (78.0) | 0.140 | 293 (38.4) | 471 (61.6) | 0.002\*\* | 212 (27.7) | 552 (72.3) | 0.040\*\* |
| Tidak | 694 (47.6) | 130 (18.7) | 564 (81.3) | 211 (30.4) | 483 (69.6) |  | 159 (22.9) | 535 (77.1) |  |
| **Karakteristik perilaku** | | |  |  |  |  |  |  |  |  |
| **Mengikuti anjuran #dirumahsaja** | |  |  |  |  |  |  |  |  |  |
| Ya | 1231 (84.4) | 252 (20.5) | 979 (79.5) | 0.970 | 417 (33.9) | 814 (66.1) | 0.382 | 308 (25.0) | 923 (75.0) | 0.680 |
| Tidak, saya harus bekerja | 223 (15.3) | 45 (20.2) | 178 (79.8) | 85 (38.1) | 138 (61.9) |  | 62 (27.8) | 161 (72.2) |  |
| Tidak, saya tidak takut Corona | 4 (0.3) | 1 (25.0) | 3 (75.0) | 2 (50.0) | 2 (50.0) |  | 1 (25.0) | 3 (75.0) |  |
| **Menerapkan etika batuk dan bersin** | |  |  |  |  |  |  |  |  |  |
| Ya | 1422 (97.5) | 284 (20.0) | 1138(80.0) | 0.010\*\* | 491 (34.5) | 931 (65.5) | 0.984 | 363 (25.5) | 1059(74.5) | 0.798 |
| Tidak | 36 (2.5) | 14 (38.9) | 22 (61.1) | 13 (36.1) | 23 (63.9) |  | 8 (22.2) | 28 (77.8) |  |
| **Mencuci tangan dengan sabun** | |  |  |  |  |  |  |  |  |  |
| Ya | 1441 (98.8) | 289 (20.1) | 1152(79.9) | 0.002\*\* | 494 (34.3) | 947 (65.7) | 0.063 | 362 (25.1) | 1079 (74.9) | 0.019\*\* |
| Tidak | 17 (1.2) | 9 (52.9) | 8 (47.1) | 10 (58.8) | 7 (41.2) |  | 9 (52.9) | 8 (47.1) |
| **Mencuci tangan setelah batuk, bersin, dan memegang hidung** | | | | | | | | | | |
| Ya | 1201 (82.4) | 221 (18.4) | 980 (81.6) | <0.001  \*\* | 392 (32.6) | 809 (67.4) | 0.001\*\* | 281 (23.4) | 920 (76.6) | <0.001  \*\* |
| Tidak | 257 (17.6) | 77 (30.0) | 180 (70.0) | 112 (43.6) | 145 (56.4) | 90 (35.0) | 167 (65.0) |
| **Menggunakan masker kain** | |  |  |  |  |  |  |  |  |  |
| Ya | 1356 (93.0) | 263 (19.4) | 1093(80.6) | 0.001\*\* | 459 (33.8) | 897 (66.2) | 0.046\* | 336 (24.8) | 1020(75.2) | 0.044\*\* |
| Tidak | 102 (7.0) | 35 (34.3) | 67 (65.7) | 45 (44.1) | 57 (55.9) |  | 35 (34.3) | 67 (65.7) |  |
| **Memiliki keluarga yang terinfeksi COVID-19** | | | | | | | | | | |
| Ya | 121 (8.3) | 21 (17.4) | 100 (82.6) | 0.002\*\* | 37 (30.6) | 84 (69.4) | 0.040\* | 29 (24.0) | 92 (76.0) | 0.022  \*\*\* |
| Tidak | 1167 (80.0) | 225 (19.3) | 942 (80.7) | 394 (33.8) | 773 (66.2) | 284 (24.3) | 883 (75.7) |
| Tidak tahu | 170 (11.7) | 52 (30.6) | 118 (69.4) | 73 (42.9) | 97 (57.1) | 58 (34.1) | 112 (65.9) |
| **Memiliki keluarga yang menjadi ODP / PDP\*** | | | | | | | | | | |
| Ya | 404 (27.7) | 83 (20.5) | 321 (79.5) | 0.050 | 138 (34.2) | 266 (65.8) | 0.013\* | 99 (24.5) | 305 (75.5) | 0.035  \*\*\* |
| Tidak | 860 (59.0) | 163 (19.0) | 697 (81.0) | 281 (32.7) | 579 (67.3) | 208 (24.2) | 652 (75.8) |
| Tidak tahu | 194 (13.3) | 52 (26.8) | 142 (73.2) | 85 (43.8) | 109 (56.2) | 64 (33.0) | 130 (67.0) |

\*ODP-orang dalam pengawasan; PDP- pasien dalam pemantauan  
p < 0.05, *\*Mann-Whitney,* *\*\* Continuity Correction, \*\*\* Pearson Chi-square*

**Tabel 2.** Multivariat regresi logistik karakteristik responden dan status kesehatan mental di Indonesia (Depresi, Anxietas, dan Stress)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variabel** | **Depresi** | | | **Anxietas** | | | | **Stress** | | |
| **B** | ***P*** | **AOR (95% CI)** | **B** | ***P*** | | **AOR (95% CI)** | **B** | ***P*** | **AOR (95% CI)** |
| **Umur** | 0.021 | 0,116 | 1.021 (0,995-1.049) | 0.042 | <0.0001 | | 1.043 (1.028-1.057) | 0.038 | <0,0001 | 1.039 (1.020-1.058) |
| **Jenis Kelamin** | | | | | | | | | | |
| Laki-laki |  | **NA** | | 0.487 | <0.0001 | | 1.627 (1.259-2.103) | 0.427 | 0,004 | 1.533 (1.150-2.044) |
| Perempuan |  |  | Ref | | |  | Ref | |
| **Agama** | | | | | | | | | | |
| Budha |  | **NA** | |  | **NA** | | |  | **NA** | |
| Hindu |  |  |  |
| Islam |  |  |  |
| Katolik |  |  |  |
| Kong Hu Cu |  |  |  |
| Kristen Protestan |  |  |  |
| Lainnya |  |  |  |
| **Status Pernikahan** | | | | | | | | | | |
| Belum menikah | -0.350 | 0,239 | 0.705 (0.394-1,262) |  | **NA** | | |  | **NA** | |
| Bercerai | -0.591 | 0,272 | 0.554 (0.193-1.589) |  |  |
| Menikah |  | Ref | |  |  | | |  |  | |
| **Tingkat Pendidikan** | | | | | | | | | | |
| Rendah |  | **NA** | |  | **NA** | | | 0.986 | 0,08 | 2.682 (0.888-8.096) |
| Menengah |  |  | -0.162 | 0,28 | 0.851 (0.634-1.141) |
| Tinggi |  |  |  | Ref | |
| **Pekerjaan** | | | | | | | | | | |
| Karyawan | 0.349 | 0,129 | 1.417 (0.903-2,223) |  | **NA** | | | 0.060 | 0,785 | 1.061 (0.692-1.629) |
| Mahasiswa | 0.142 | 0,517 | 1.153 (0.750-1.771) |  | 0.085 | 0,692 | 1.089 (0.714-1.662) |
| Pelajar | -0.023 | 0,949 | 0.977 (0.486-1.965) |  | -0.381 | 0,312 | 0.683 (0.326-1.431) |
| Wirausaha | 0.630 | 0,077 | 1.877 (0.934-3.771) |  | 0.076 | 0,811 | 1.079 (0.578-2.014) |
| Tidak bekerja dan pensiun |  | Ref | |  |  | | |  | Ref | |
| **Latar Belakang Karir** | | | | | | | | | | |
| Kesehatan | 0.586 | <0.0001 | 1.797 (1.336-2.418) | 0.719 | <0.0001 | | 2.052 (1.624-2.593) | 0.465 | 0,002 | 1.592 (1.193-2.125) |
| Non-Kesehatan |  | Ref | |  | Ref | | |  | Ref | |
| **Pengeluaran Pribadi dalam 1 Bulan** | | | | | | | | | | |
| <1 juta |  | **NA** | |  | **NA** | | |  | **NA** | |
| 1-2 juta |  |  |  |
| 2-5 juta |  |  |  |
| 5-10 juta |  |  |  |
| >10 juta |  |  |  |
| **Riwayat Gangguan Mental Keluarga** | | | | | | | | | | |
| Ya | -0.498 | 0,019 | 0.607 (0.401-0.921) |  | **NA** | | | -0.759 | <0.0001 | 0.468 (0.319-0.687) |
| Tidak |  | Ref | |  |  | | |  | Ref | |
| **Riwayat Penyakit Kronik** | | | | | | | | | | |
| Ya |  | **NA** | |  | **NA** | | | 0.600 | 0,019 | 0.549 (0.332-0.907) |
| Tidak |  |  |  | Ref | |
| **Riwayat Penyakit Kronik Keluarga** | | | | | | | | | | |
| Ya |  | **NA** | | -0.343 | 0,003 | 0.709 (0.565-0.890) | |  | **NA** | |
| Tidak |  |  | Ref | | |  |
| **Mengikuti Anjuran #dirumahsaja** | | | | | | | | | | |
| Ya |  | **NA** | |  | **NA** | | |  | **NA** | |
| Tidak, saya harus bekerja |  |  |  |
| Tidak, saya tidak takut corona |  |  |  |
| **Menerapkan etika batuk dan bersin** | | | | | | | | | | |
| Ya | 0.546 | 0,144 | 1.727 (0.830-3.594) |  | **NA** | | |  | **NA** | |
| Tidak |  | Ref | |  |  | | |  |  | |
| **Mencuci tangan dengan sabun** | | | | | | | | | | |
| Ya |  | **NA** | |  | **NA** | | |  | **NA** | |
| Tidak |  |  |  |
| **Mencuci tangan setelah batuk, bersin, dan memegang hidung** | | | | | | | | | | |
| Ya | 0.386 | 0,02 | 1.472 (1.063-2.038) | 0.323 | 0,027 | | 1.381 (1.037-1.839) | 0.441 | 0,004 | 1.555 (1.149-2.105) |
| Tidak |  | Ref | |  | Ref | | |  | Ref | |
| **Menggunakan masker kain** | | | | | | | | | | |
| Ya | 0.515 | 0,026 | 1.674 (1.063-2.636) |  | **NA** | | |  | **NA** | |
| Tidak |  | Ref | |  |  | | |  |  | |
| **Memiliki keluarga yang terinfeksi COVID-19** | | | | | | | | | | |
| Ya | 0.612 | 0,044 | 1.844 (1.017-3.342) |  | **NA** | | | 0.293 | 0,332 | 1.341 (0.741-2.425) |
| Tidak | 0.540 | 0,044 | 1.716 (1.184-2.488) |  | 0.331 | 0,123 | 1.392 (0.914-2.121) |
| Tidak tau |  | Ref | |  |  | | |  | Ref | |
| **Memiliki keluarga yang menjadi ODP/PDP** | | | | | | | | | | |
| Ya |  | **NA** | | 0.441 | 0,017 | 1.555 (1.081-2.235) | | 0.346 | 0,115 | 1.413 (0.920-2.172) |
| Tidak |  | 0.486 | 0,004 | 1.626 (1.166-2.266) | | 0.287 | 0,174 | 1.333 (0.881-2.016) |
| Tidak tau |  |  | Ref | | |  | Ref | |
| **R square** | **0,083** | | | **0,094** | | | | **0,089** | | |

NA: Not Available (variable yang dikeluarkan dari model)