

LAMPIRAN

Lampiran 1. Daftar Riwayat Hidup

BIODATA PENELITI



A. Data Pribadi

Nama : Leni Mardiani
Tempat, tanggal lahir : Tenggarong, 08 Maret 2000
Alamat Asal : Jl. Yos Sudarso, RT.17 Kec. Loa Kulu
Alamat di Samarinda : Jl. Suryanata, Perum Graha Indah Blok M No.13
Kel. Air Putih, Samarinda

B. Riwayat Pendidikan Formal

- Tamat SD : 2011 di SDN 009 Tenggarong
- Tamat SMP : 2014 di MTsN Tenggarong
- Tamat SLTA/SMA : 2017 di SMA N 1 Tenggarong

Tanggal Ujian :

Judul Penelitian :

Literatur Review Dampak Pandemi COVID-19 Terhadap

Anxiety Disorder pada Remaja

Pembimbing I : Hansen, S.KM, M.KL

Pembimbing II : Ghozali MH, M.Kes., Ph.D

Demikian permohonan pengajuan pengajuan penguji saya sampaikan atas perhatiannya saya ucapkan terima kasih.

Wassalamualaikum wr.wb

Samarinda, 17 Juli 2021
Hormat saya Mahasiswa

Leni Mardiani

Lampiran 2. Surat Keterangan

SURAT KETERANGAN

Assalamualaikum wr .wb

Saya yang bertanda tangan dibawah ini :

Nama : Leni Maridiani

NIM : 17111024130058

Program Studi : S1 Kesehatan Masyarakat

Judul Penelitian : Literatur Review Dampak Pandemi COVID-19 Terhadap Anxiety Disorder pada Remaja

Bahwa dalam penelitian ini, saya tidak menggunakan Uji Validitas dikarenakan penelitian menggunakan instrument yang sudah baku.

Demikian surat keterangan ini saya buat atas perhatiannya saya ucapkan terima kasih.

Samarinda, 17 Juli 2021

Pembimbing

Ghozali MH, M.Kes., Ph.D
NIDN.1114077102

Peneliti

Leni Maridiani
NIM. 17111024130058

**Mengetahui,
Ketua,**

Program Studi S1 Kesehatan Masyarakat



Nida Amalia, S.KM, M.PH
NIDN.1101119301

Vol. 6, No. 1, 2020, pp. 1-4
DOI: <https://doi.org/10.29210/120202592>



Contents lists available at [Journal IICET](#)

Jurnal EDUCATIO (Jurnal Pendidikan Indonesia)

ISSN: 2502-8103 (Print) ISSN: [2477-8524](#) (Electronic)

Journal homepage: <https://jurnal.iicet.org/index.php/jppi>



Kecemasan remaja pada masa pandemi Covid-19

Linda Fitria¹, Ifdil Ifdil²

¹Universitas Putra Indonesia YPTK Padang

²Universitas Negeri Padang

Article Info

Article history:

Received May 6th, 2020

Revised Jun 10th, 2020

Accepted Jul 21st, 2020

Keyword:

Anxiety

Remaja

Covid-19

ABSTRACT

This study objective to analyzed the level of anxiety experienced by adolescents during the covid-19 pandemic. This research uses descriptive quantitative research methods. The population in this study were adolescents aged 12 to 19 years, with a sample of 139 people. The instrument used was a questionnaire about anxiety. Data analysis uses descriptive analysis. Based on the analysis of research data, teenage anxiety during the covid-19 pandemic was in the high category at 54%.



© 2020 The Authors. Published by IICET.

This is an open access article under the CC BY-NC-SA license

(<https://creativecommons.org/licenses/by-nc-sa/4.0>)

Corresponding Author:

Ifdil Ifdil,

Universitas Negeri Padang

Email: ifdil@konselor.org

SEPTEMBER
2020

[MANUJU: MALAHAYATI NURSING JOURNAL, P- ISSN: 2655-2728
E-ISSN: 2655-4712 VOLUME 2, NOMOR 4 SEPTEMBER 2020] HAL 820-829

Hubungan Tingkat Kecemasan Terhadap Sikap Remaja Akibat Pandemi Covid-19

Devra Jovana Clarissa Suryaatmaja¹, Imanuel Sri Mei Wulandari²

¹Mahasiswa Fakultas Ilmu Keperawatan Universitas Advent Bandung
Email: s.devrajovana@gmail.com

²Dosen Fakultas Ilmu Keperawatan Universitas Advent Indonesia
Email: ari.imaanuel@unai.edu

ABSTRACT: CORRELATION BETWEEN STATE OF ANXIETY AND ADOLESCENT ATTITUDE DUE TO COVID-19

Background: The current pandemic shaking the world is Coronavirus Disease 19 or commonly abbreviated as COVID-19. This disease attacks human respiratory system and can cause death. As a result of this pandemic, anxiety arises from all communities, including adolescents. Educational facilities are temporarily closed. Therefore, the learning method uses an online system. One of the factors that cause anxiety from teenagers is fear because they do not know whether the people around them are healthy or not, so they also avoid crowd or gathering which can invite large number of people. Moreover, they fear about themselves whether they are bringing the virus to those around them. Some of them are also afraid of fake news about COVID-19 which are scattered around carelessly on social media.

Purpose: The purpose of this study is to determine the correlation between the anxiety level and adolescent attitudes in dealing with COVID-19.

Methods: The researcher uses quantitative analytical correlation methods, with a cross-section approach. The population in this study are all from high school students of Solemba Adventist School not less than 128 people and the

Dampak Pembelajaran Jarak Jauh terhadap Tingkat Stres dan Kecemasan Mahasiswa selama Pandemi COVID-19

Rifa Fauziyyah*, Rinka Citra Awinda, Besral

Fakultas Kesehatan Masyarakat Universitas Indonesia

*Korespondensi: Rifa Fauziyyah - rifa.fauziyyah@ui.ac.id

Abstrak

WHO telah menyatakan bahwa COVID-19 sebagai pandemi global, untuk mencegah penyebarannya maka kegiatan akademis di Indonesia dialihkan menjadi metode pembelajaran jarak jauh. Perubahan ini mengakibatkan mahasiswa harus beradaptasi dengan metode baru dan salah satu dampak dari hal tersebut adalah munculnya masalah kesehatan mental seperti stres dan kecemasan pada mahasiswa. Penelitian ini bertujuan untuk menunjukkan adanya peningkatan stres dan kecemasan pada mahasiswa sebagai dampak pembelajaran jarak jauh selama masa pandemi COVID-19. Metode yang digunakan adalah kajian pustaka dari jurnal nasional dan internasional yang meneliti tentang pengaruh pandemi COVID-19 terhadap stres dan kecemasan yang dialami mahasiswa. Penelusuran jurnal ini menggunakan database Google Scholar, ResearchGate, dan Pubmed. Dari 10 jurnal menunjukkan peningkatan stres dan kecemasan yang dialami mahasiswa selama pandemi COVID-19 yang disebabkan oleh berbagai faktor. Angka stres pada mahasiswa di Indonesia selama perkuliahan jarak jauh rata-rata sebesar 55,1%, sedangkan pada mahasiswa di luar Indonesia sebesar 66,3%. Angka kecemasan mahasiswa di Indonesia selama perkuliahan jarak jauh rata-rata sebesar 40%, sedangkan pada mahasiswa di luar Indonesia sebesar 57,2%. Sebagai saran, beberapa upaya dapat dilakukan seperti olahraga atau aktivitas fisik, istirahat yang cukup, melakukan hobi, sosialisasi secara virtual serta menerapkan lingkungan yang sehat baik secara fisik maupun psikologis untuk mengurangi stres dan kecemasan.

Kata Kunci: stress, kecemasan, mahasiswa, pembelajaran jarak jauh, COVID-19

Impact of Distance Learning on Student Stress and Anxiety Levels during The COVID-19 Pandemic

Abstract

WHO has declared that COVID-19 is a global pandemic, to prevent its spread, academic activities in Indonesia have been shifted to a distance learning method. This change results in students having to adapt to new methods and one of the impacts of this is the emergence of mental health problems such as stress and anxiety in students. This study aims to show an increase in stress and anxiety in students as a result of distance learning during the COVID-19 pandemic. The method used is a literature review from national and international journals that examine the effects of the COVID-19 pandemic on stress and anxiety experienced by students. This journal search used the Google Scholar, ResearchGate, and Pubmed databases. From 10 journals, it shows the increase in stress and anxiety experienced by students during the COVID-19 pandemic which is caused by various factors. The stress rate for students in Indonesia during their distance lectures is an average of 55.1%, while for students outside

Rapid Systematic Review: The Impact of Social Isolation and Loneliness on the Mental Health of Children and Adolescents in the Context of COVID-19

Maria Elizabeth Loades, DClInPsy, Eleanor Chatburn, MA, Nina Higson-Sweeney, BSc, Shirley Reynolds, PhD, Roz Shafran, PhD, Amberly Brigden, MSc, Catherine Linney, MA, Megan Niamh McManus, BSc candidate, Catherine Borwick, MSc, Esther Crawley, PhD




Objective: Disease containment of COVID-19 has necessitated widespread social isolation. We aimed to establish what is known about how loneliness and disease containment measures impact on the mental health in children and adolescents.

Method: For this rapid review, we searched MEDLINE, PsycInfo, and Web of Science for articles published between January 1, 1946, and March 29, 2020. Of the articles, 20% were double screened using predefined criteria, and 20% of data was double extracted for quality assurance.

Results: A total of 83 articles (80 studies) met inclusion criteria. Of these, 63 studies reported on the impact of social isolation and loneliness on the mental health of previously healthy children and adolescents ($n = 51,576$; mean age 15.3 years). In all, 61 studies were observational, 18 were longitudinal, and 43 were cross-sectional studies assessing self-reported loneliness in healthy children and adolescents. One of these studies was a retrospective investigation after a pandemic. Two studies evaluated interventions. Studies had a high risk of bias, although longitudinal studies were of better methodological quality. Social isolation and loneliness increased the risk of depression, and possibly anxiety at the time at which loneliness was measured and between 0.25 and 9 years later. Duration of loneliness was more strongly correlated with mental health symptoms than intensity of loneliness.

Conclusion: Children and adolescents are probably more likely to experience high rates of depression and most likely anxiety during and after enforced isolation ends. This may increase as enforced isolation continues. Clinical services should offer preventive support and early intervention where possible and be prepared for an increase in mental health problems.

Key words: loneliness, pandemic, COVID-19, disease containment, mental health

J Am Acad Child Adolesc Psychiatry 2020;■(■):■-■.   

The COVID-19 pandemic has resulted in governments implementing disease containment measures such as school closures, social distancing, and home quarantine. Children and adolescents are experiencing a prolonged state of physical isolation from their peers, teachers, extended families, and community

experiencing anxiety over a health threat and threats to family employment/income.

Social distancing and school closures are likely to result in increased loneliness in children and adolescents whose usual social contacts are curtailed by the disease containment measures. Loneliness is the painful emotional experi-



Contents lists available at ScienceDirect

International Journal of Disaster Risk Reduction

journal homepage: <http://www.elsevier.com/locate/ijdr>



Review Article



How is COVID-19 pandemic impacting mental health of children and adolescents?

Debora Marques de Miranda^a, Bruno da Silva Athanasio^b, Ana Cecília Sena Oliveira^b, Ana Cristina Simoes-e-Silva^{c,*}

^a Department of Pediatrics, Laboratory of Translational Medicine, Laboratory of Translational Medicine, Faculty of Medicine, Federal University of Minas Gerais (UFMG), Belo Horizonte, Minas Gerais, 30130-100, Brazil

^b Faculty of Medicine, Federal University of Minas Gerais (UFMG), Belo Horizonte, Minas Gerais, 30130-100, Brazil

^c Department of Pediatrics, Interdisciplinary Laboratory of Medical Investigation, Faculty of Medicine, Federal University of Minas Gerais (UFMG), Belo Horizonte, Minas Gerais 30130-100, Brazil

ARTICLE INFO

Keywords:
Mental health
Pediatric
Children
Adolescent

ABSTRACT

The coronavirus disease (COVID-19) affected virtually all countries. Uncertain about the health risk and an increasing financial loss will contribute to widespread emotional distress and an increased risk of psychiatric disorders shortly. Posttraumatic, anxiety, and depression disorders are expected during and aftermath of the pandemic. Some groups, like children, have more susceptibility to having long term consequences in mental health. Herein, we made a comprehensive and non-systematic search in four databases (PubMed, Scopus, Scielo, and Google Scholars) to answer the question: What are children's and adolescents' mental health effects of the pandemic? Furthermore, which features are essential for mental health in a pandemic? Results: Seventy-seven articles were selected for full text read, and 51 were included. Children answer stress differently, depending on the development stage. High rates of anxiety, depression, and post-traumatic symptoms were identified among children. Discussion: Symptoms were as expected. New supportive strategies have appeared during this pandemic, but there is no measure of its effectiveness. Some groups seem to be more vulnerable to the mental health burden of the COVID-19 pandemic, and the mitigation actions should prioritize them. The school's role appears to be revalued by society. This review seems to pick good targets to prioritize mitigation actions aiming to spare children not only from the severe cases of COVID-19 but also to help them to deal with the mental health burden of the pandemics.

1. Introduction

Some groups may be more vulnerable than others to the psychosocial effects of pandemics. Because they are in a critical period of develop-



Contents lists available at ScienceDirect

Psychiatry Research

journal homepage: www.elsevier.com/locate/psychres



Review article

Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations[☆]



Shweta Singh^a, Deblina Roy^{b,*}, Krittika Sinha^c, Sheeba Parveen^c, Ginni Sharma^c, Gunjan Joshi^c

^a Additional Professor, Department of Psychiatry, KGMU Lucknow, India

^b Psychiatric Nursing, Department of Psychiatry, King George's Medical University, Lucknow, India

^c Department of Psychiatry, King George's Medical University, Lucknow, India

ARTICLE INFO

Keywords:

COVID-19
Lockdown
Mental health
Children
Adolescents

ABSTRACT

Background: COVID-19 pandemic and lockdown has brought about a sense of fear and anxiety around the globe. This phenomenon has led to short term as well as long term psychosocial and mental health implications for children and adolescents. The quality and magnitude of impact on minors is determined by many vulnerability factors like developmental age, educational status, pre-existing mental health condition, being economically underprivileged or being quarantined due to infection or fear of infection.

Aims: This paper is aimed at narratively reviewing various articles related to mental-health aspects of children and adolescents impacted by COVID-19 pandemic and enforcement of nationwide or regional lockdowns to prevent further spread of infection.

Methodology: We conducted a review and collected articles and advisories on mental health aspects of children and adolescents during the COVID-19 pandemic. We selected articles and thematically organized them. We put up their major findings under the thematic areas of impact on young children, school and college going students, children and adolescents with mental health challenges, economically underprivileged children, impact due to quarantine and separation from parents and the advisories of international organizations. We have also provided recommendations to the above.

Conclusion: There is a pressing need for planning longitudinal and developmental studies, and implementing evidence based elaborative plan of action to cater to the psycho social and mental health needs of the vulnerable children and adolescents during pandemic as well as post pandemic. There is a need to ameliorate children and adolescents' access to mental health support services geared towards providing measures for developing healthy coping mechanisms during the current crisis. For this innovative child and adolescent mental health policies with direct and digital collaborative networks of psychiatrists, psychologists, paediatricians, and community volunteers are deemed necessary.



The Effect of COVID-19 on Youth Mental Health

Lellei Liang¹ · Hui Ren^{1,2} · Ruilin Cao¹ · Yueyang Hu¹ · Zeying Qin¹ · Chuanen Li¹ · Songli Mei¹

Published online: 21 April 2020
© Springer Science+Business Media, LLC, part of Springer Nature 2020

Abstract

The purposes of this study was to assess the youth mental health after the coronavirus disease 19 (COVID-19) occurred in China two weeks later, and to investigate factors of mental health among youth groups. A cross-sectional study was conducted two weeks after the occurrence of COVID-19 in China. A total of 584 youth enrolled in this study and completed the question about cognitive status of COVID-19, the General Health Questionnaire(GHQ-12), the PTSD Checklist-Civilian Version (PCL-C) and the Negative coping styles scale. Univariate analysis and univariate logistic regression were used to evaluate the effect of COVID-19 on youth mental health. The results of this cross-sectional study suggest that nearly 40.4% the sampled youth were found to be prone to psychological problems and 14.4% the sampled youth with Post-traumatic stress disorder (PTSD) symptoms. Univariate logistic regression revealed that youth mental health was significantly related to being less educated (OR = 8.71, 95%CI:1.97–38.43), being the enterprise employee (OR = 2.36, 95%CI:1.09–5.09), suffering from the PTSD symptom (OR = 1.05, 95%CI:1.03–1.07) and using negative coping styles (OR = 1.03, 95%CI:1.00–1.07). Results of this study suggest that nearly 40.4% of the youth group had a tendency to have psychological problems. Thus, this was a remarkable evidence that infectious diseases, such as COVID-19, may have an immense influence on youth mental health. Therefore, local governments should develop effective psychological interventions for youth groups, moreover, it is important to consider the educational level and occupation of the youth during the interventions.

Keywords Post-traumatic stress disorder · Mental health · Negative coping styles · COVID-19

Lampiran 4. Lembar Konsultasi

LEMBAR KONSULTASI

Judul Proposal : **LITERATUR REVIEW DAMPAK PANDEMI COVID-19
TERHADAP OBSESSIVE COMPULSIVE DISORDER PADA
REMAJA**

Pembimbing : Ghozali MH, M.Kes., Ph.D

NO	TANGGAL	KONSULTASI	HASIL KONSULTASI	PARAF
1	8 Febuari 2021	Konsul bab 1	1. Perbaikan penulisan dan paragraf 2.Perbaikan Rumusan Masalah 3.Perbaikan Tujuan dan manfaat 4.Perbaikan keterangan pada tabel keaslian penelitian	
2	25 Febuari 2021	Konsul revisi 1 Bab 1	1. Perbaikan penulisan dan paragraf 2.Perbaikan Tujuan dan manfaat 3.Perbaikan keterangan pada hasil dari tabel keaslian penelitian	
3	25 Febuari 2021	Konsul Revisi ke 2 bab 1	1. Perbaikan penulisan dan paragraf 2.Perbaikan Tujuan penelitian	
4	1 Maret 2021	Konsul Revisi 3 bab 1	ACC	
5	28 Febuari 2021	Konsul bab 2	1. Perbaikan penulisan dan paragraf tentang dampak pandemi covid-19 terhadap kesehatan mental, termasuk salah satunya kecemasan 3.Perbaikan terkait kerangka teori 4. Perbaikan pertanyaan penelitian	
6	4 Maret 2021	Konsul revisi 1 bab 2	1. Perbaikan sumber pada tinjauan pustaka 2.Perbaikan terkait kerangka teori	
7	9 Maret 2021	Konsul revisi 2 bab 2	1. Perbaikan penulisan dan paragraf 2. Perbaikan kerangka teori	
8	11 Maret 2021	Konsul revisi 3 bab 2	ACC	
9	13 Maret 2021	Konsul revisi bab 3	1. Perbaikan penulisan dan paragraf 2.Penambahan sumber refrensi	
10	20 Maret 2021	Konsul revisi 1 bab 3	1. Perbaikan penulisan dan paragraf 2.Perbaikan refrensi pada mendeley 3. ACC	
11	06 April 2021	Konsul sistematika bab 1, 2, 3 dan Power Point	ACC	

LEMBAR KONSULTASI

LEMBAR KONSULTASI

Judul Proposal : Literatur Review Dampak Pandemi Covid-19 terhadap Anxiety Disorder pada Remaja.

Pembimbing : Ghozali M.H., M.Kes

NO	TANGGAL	KONSULTASI	HASIL KONSULTASI	PARAF
1.	15 Juli 2021	Bab IV dan V	Perbaiki penulisan dan kata.	
2.	16 Juli 2021	Revisi_1 Bab IV dan V	ACC	

Lampiran 5. Hasil Uji Turnitin Naskah Skripsi

LITERATUR REVIEW DAMPAK
PANDEMI COVID-19 TERHADAP
ANXIETY DISORDER PADA
REMAJA

by Leni Mardiani

Submission date: 07-Sep-2021 02:03PM (UTC+0700)

Submission ID: 1642901428

File name: BAB_123_Leni_Mardiani_FIX.docx (452.98K)

Word count: 7923

Character count: 50876

LITERATUR REVIEW DAMPAK PANDEMI COVID-19 TERHADAP ANXIETY DISORDER PADA REMAJA

ORIGINALITY REPORT

41 %	38 %	16 %	27 %
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

PRIMARY SOURCES

1	es.scribd.com Internet Source	3 %
2	123dok.com Internet Source	2 %
3	jurnal.iicet.org Internet Source	2 %
4	zano1113.blogspot.com Internet Source	2 %
5	health.detik.com Internet Source	2 %
6	ejournalmalahayati.ac.id Internet Source	2 %
7	Submitted to Forum Perpustakaan Perguruan Tinggi Indonesia Jawa Timur Student Paper	2 %
8	retizen.republika.co.id Internet Source	1 %

Submitted to Universiti Teknologi MARA