

Gambaran Pemanfaatan Pelayanan Kesehatan Mental selama masa Pandemi COVID-19 di Berbagai Negara: Studi Literature review

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Abstrak

Pandemi COVID-19 berdampak pada kesehatan mental sebagian besar masyarakat di dunia. Meskipun kebutuhan akan pelayanan kesehatan mental lebih tinggi selama masa Pandemi COVID-19, ketersediaan layanan dan akses justru terganggu akibat meningkatnya permintaan, pembatasan sosial, dan peraturan untuk tetap tinggal di rumah. Penelitian bertujuan untuk memperoleh gambaran pemanfaatan pelayanan kesehatan mental selama Pandemi COVID-19 di berbagai negara. Penelitian ini menggunakan metode literature review yang bersumber dari beberapa basis data seperti Proquest, SCOPUS dan Pubmed. Terdapat 16 studi yang terpilih berdasarkan kriteria inklusi dan eksklusi. Dalam hasil penelitian ini ditemukan bahwa kondisi kesehatan mental masyarakat cenderung memburuk selama masa Pandemi COVID-19 dan terjadi penurunan pemanfaatan pelayanan kesehatan mental selama pandemi COVID-19. Selain itu ditemukan juga faktor yang berkaitan dengan pemanfaatan pelayanan kesehatan mental diantaranya jenis kelamin, ras, tingkat pendidikan, wilayah tempat tinggal, dan kepemilikan asuransi kesehatan. Ada beberapa rekomendasi yang dapat digunakan untuk memperkuat strategi dalam menghadapi isu kesehatan mental selama Pandemi COVID-19 diantaranya alokasi dana untuk mendukung penyelenggaraan pelayanan kesehatan dan sebagai bantuan finansial bagi masyarakat yang terkena dampak Pandemi COVID-19; peningkatan jumlah, distribusi, dan kapasitas tenaga kesehatan mental; peningkatan perawatan dan asesmen berbasis bukti yang disertai dengan evaluasi; pendekatan inovatif untuk intervensi kesehatan mental; serta memaksimalkan akses pelayanan kesehatan secara virtual.

The COVID-19 pandemic has impacted the mental health of most people in the world. Although the need for mental health services was higher during the COVID-19 pandemic, the availability of services and access was disrupted due to increased demand, social restrictions, and regulations to stay at home. The study aims to obtain an overview of the use of mental health services during the COVID-19 pandemic in various countries. This study uses the literature review method sourced from several databases such as Proquest, SCOPUS and Pubmed. There were 16 studies selected based on inclusion and exclusion criteria. In the results of this study, it was found that people's mental health conditions tended to worsen during the COVID-19 pandemic and there was a decrease in the use of mental health services during the COVID-19 pandemic. In addition, there were also factors related to the use of mental health services including gender, race, education level, region of residence, and ownership of health insurance. There are several recommendations that can be used to strengthen strategies in facing mental health issues during the COVID-19 pandemic, including the allocation of funds to support the implementation of health services and as financial support for people affected by the COVID-19 pandemic;

increasing the number, distribution, and capacity of mental health workers; improving evidence-based care and assessment accompanied by evaluation; innovative approaches to mental health interventions; and maximizing access to virtual health services.</div>