ABSTRAK

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"Gambaran Kesehatan Mental (Cemas Dan Depresi) Masyarakat Di Masa Pandemi COVID-19: *Literature Review*"

Latar Belakang: Kesehatan mental merupakan salah satu aspek penting dalam mewujudkan kesehatan secara menyeluruh. Pandemi COVID-19 menyebabkan kondisi ketidakpastian, penyakit yang serius, kesalahan informasi dan isolasi sosial merupakan hal-hal utama yang berkontribusi terhadap stres dan gangguan mental.

Tujuan: Mengetahui gambaran kesehatan mental pada masyarakat di masa pandemi Covid-19

Metode: Penelitian *literature review* ini dengan mengakses database *PubMed* didapatkan 6 artikel yang ditelaah sesuai dengan kriteria inklusi, eksklusi serta abstrak. Instrument telaah kritis yang digunakan yaitu menggunakan instrument *Strobe* yang merupakan analisis metode kuantitatif *Cross-Sectional*

Hasil: Hasil penelitian ini didapatkan sebanyak 2.608 responden, Sebagian responden mengalami cemas (37,8%) dan sebagian besar responden mengalami tidak cemas (62,2%). Sebagian responden mengalami depresi (40,8%), dan lebih dari setengah responden mengalami tidak depresi (59,2%).

Kata kunci : Cemas,*Covid-19,* Depresi, Kesehatan mental, Masyarakat, Pandemi

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ABSTRACT

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"An Overview of Community Mental Health (Anxiety and Depression) During the COVID-19 Pandemic: Literature Review"

The Backgrounds: Mental health is one of the essential aspects of maintaining good physical health. The COVID-19 pandemic causes the uncertain condition, serious illness, misiformation and social isolation, which are the main things that contribute to stress and mental disorders.
The Objectives: To picture mental health in the community during the COVID-19 pandemic
The Methods: This literature search was used in the PubMed database. Six articles were identified and meet the inclusion and exclusion criteria. The findings were appraised by using the Strobe instrument.
The Results: There were 2,608 respondents included in this study. This study showed that some respondents experienced anxiety was (37.8%), while most respondents did not experience anxiety (62.2%). Similarly, most of the respondents were depressed (40.8%). and more than half were not depressed (59.2%).

Keywords: *Anxiety, Covid-19, Depression, Mental Health, Society, Pandemic*