

Kesejahteraan Psikologi, Kemurungan dan Sokongan Sosial di Kalangan Mangsa Rogol

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ABSTRAK

Tujuan kajian ini adalah untuk mengenal pasti perkaitan antara tahap kemurungan, kesihatan mental, kesan sokongan sosial dan kesejahteraan psikologi di kalangan mangsa rogol dengan aspek demografik. Subjek kajian seramai 30 wanita telah dipilih dari Pusat Perlindungan dan Pemulihan Wanita, di Batu Caves, Selangor. Kaedah ujian yang digunakan terdiri daripada Beck Depression Inventory, General Health Questionnaire-28, Provision Social Relation dan soalan demografik. Soalan diedarkan di kalangan mangsa diikuti dengan penerangan ringkas ke atas kaedah ujian. Analisis data menunjukkan terdapat perbezaan yang signifikan di antara faktor umur dan kesejahteraan psikologi mangsa ($p = 0.004$). Selain itu, kemurungan didapati mempengaruhi secara signifikan ke atas kesihatan mental ($R^2 = 0.60$, $[F(1, 27) = 40.312, p < 0.001]$). Kajian ini juga mendapati hubungan yang positif antara kesihatan mental dan kemurungan ($r = 0.77$). Ini bermaksud semakin tinggi kemurungan yang dialami mangsa, semakin tinggi kesan ke atas kesihatan mentalnya.

Kata kunci: Kemurungan, kesihatan mental, sokongan sosial, kesejahteraan psikologi, mangsa rogol.

ABSTRACT

The objective of this study was to determine the relationship between the level of depression, mental health, effect of social support and psychological well being among rape victims with demographic aspects. The subjects selected were 30 women from the Women Shelter and Rehabilitation Center at Batu Caves, Selangor. The assessment method administered consisted of Beck Depression Inventory, General Health Questionnaire-28, Provision Social Relation and demographic questions. The questionnaires were distributed among the victims followed by a brief introduction about the assessment. Data analysis indicated that there was a significant difference between the age of the victims and their mental health ($p = 0.004$). Furthermore, depression experienced by the victims significantly influenced their mental health ($R^2 = 0.60$, $[F(1, 27) = 40.312, p < 0.001]$). The study also indicated that there was a positive correlation between mental health and depression ($r = 0.77$). This showed that the higher the level of depression experienced by the victims, the higher the effect on their mental health.

Key words: Depression, mental health, sosial support, psychological well being, rape victims.