

Analisis Faktor-Faktor yang Berhubungan dengan Infeksi Saluran Pernafasan (Infeksi COVID-19) pada Pelari Rekreasional selama Pandemi COVID-19 = Analysis of Factors Associated with Respiratory Tract Infection (COVID-19 Infection) in Recreational Runners during the COVID-19 Pandemic

Aswar Makruf, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20517524&lokasi=lokal>

Abstrak

Aktivitas lari telah menjadi salah satu olahraga rekreasi paling populer di seluruh dunia. Selama pandemi COVID-19, aktivitas ini kerap dilakukan di luar ruangan secara berkelompok dengan tidak memakai masker. Terdapat risiko penularan yang tinggi pada kegiatan ini karena COVID-19 tidak hanya menular dari seseorang yang bergejala, namun juga dapat menular pada fase presimptomatik dan bahkan pada kasus asimtomatik. Penelitian ini bertujuan untuk menganalisis faktor-faktor yang berhubungan dengan infeksi saluran pernafasan (infeksi COVID-19) pada pelari rekreasional selama pandemic COVID-19. Penelitian dilakukan dengan metode kuantitatif. Sebanyak 545 pelari rekreasional berpartisipasi dalam penelitian dengan mengisi kuesioner berbasis website secara online. Berdasarkan hasil penelitian, diduga 30,28% pelari rekreasional menderita infeksi saluran pernafasan (infeksi COVID-19) dan 15,41% menunjukkan hasil skrining COVID-19 yang positif. Hasil analisis statistik menunjukkan bahwa indeks massa tubuh, knowledge, perceived behavioral control dan perceived effectiveness merupakan variabel yang dominan berhubungan dengan infeksi saluran pernafasan (infeksi COVID-19) pada pelari rekreasional di Indonesia. Upaya intervensi atau program promosi yang bertujuan untuk meningkatkan pengetahuan dan pemahaman pelari sekaligus meningkatkan persepsi positif akan kemampuan diri dalam mengontrol perilaku hidup sehat serta keyakinan atas efektivitas program kesehatan, perlu dilakukan untuk mengurangi risiko infeksi virus dan bakteri pada aktivitas berlari di luar ruangan. Selain itu, perhatian khusus pada pelari dengan indeks massa tubuh yang tidak normal agar lebih memperhatikan upaya penanggulangan infeksi saat berolahraga di luar ruangan.

.....Running has become one of the most popular recreational sports worldwide. During the COVID-19 pandemic, this activity is often carried out outdoors in groups without wearing a mask. There is a high risk of transmission in this activity because COVID-19 is not only transmitted from someone who is symptomatic, but can also be transmitted in the presymptomatic phase and even in asymptomatic cases. This study aims to analyze the factors associated with respiratory tract infections (COVID-19 infection) in recreational runners during the COVID-19 pandemic. The research was conducted using quantitative methods. A total of 545 recreational runners participated in the study by filling out a website-based online questionnaire. The results showed that 30.28% of recreational runners suffered from respiratory tract infections (COVID-19 infection) and 15.41% got positive COVID-19 screening results. The results of statistical analysis show that body mass index, knowledge, perceived behavioral control and perceived effectiveness are the dominant variables associated with respiratory tract infections (COVID-19 infection) in recreational runners in Indonesia. Intervention efforts or promotional programs that aim to increase knowledge and understanding of runners while at the same time increasing positive perceptions of their ability to control healthy living behavior and confidence in the effectiveness of health programs, need to be

carried out to reduce the risk of viral and bacterial infections in outdoor running activities. In addition, special attention to runners with abnormal body mass index to pay more attention to infection control efforts when exercising outdoors.