

# Gambaran Kualitas Hidup Penyintas COVID-19 Dengan Risiko Gejala Long COVID Pada Penduduk Usia Produktif Di Wilayah Jabodetabek = The Quality of Life COVID-19 Survivors With The Risk of Long COVID Symtoms in Productive Age Population in Jabodetabek Area

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## Abstrak

Pandemi COVID-19 memberikan dampak pada peningkatan kejadian Long COVID, terutama pada rentang usia produktif. Penelitian ini dilakukan sebagai respon tingginya riwayat peningkatan jumlah kasus COVID-19 di wilayah Jabodetabek dan sebagai upaya untuk menggambarkan risiko gejala Long COVID. Penelitian ini bertujuan untuk memberikan gambaran mengenai kualitas hidup penyintas COVID-19 terutama pada penyintas yang memiliki risiko gejala Long COVID pada usia produktif di wilayah Jabodetabek. Metode penelitian yang digunakan adalah cross-sectional. Sampel terdiri dari individu yang pernah terinfeksi COVID-19 pada tahun 2021-2022, usia 15-64 tahun, dan berdomisili di wilayah Jabodetabek. Jumlah sampel terkumpul sebanyak 430 berdasarkan teknik cluster sampling. Metode pengumpulan data menggunakan kuesioner yang terdiri dari karakteristik demografi dan klinis responden, serta instrument kualitas hidup Short Form Health Survey (SF-36) yang telah diuji validitas dan reliabilitasnya. Analisis data dilakukan dengan pendekatan statistik deskriptif kuantitatif. Hasil penelitian didapatkan bahwa Hasil penelitian didapatkan bahwa sebagian besar responden memiliki kualitas hidup baik (76,3%). Diikuti kualitas hidup sedang (17%), dan lemah (6,7%). Responden dengan risiko gejala Long COVID memiliki proporsi kualitas hidup yang lebih rendah dibandingkan dengan responden tanpa risiko gejala Long COVID. Domain fungsi sosial adalah domain kualitas hidup baik terbanyak, sedangkan domain energi adalah domain dengan kategori baik terendah. Penemuan ini diharapkan dapat memberikan wawasan dan pemahaman untuk pengembangan intervensi dalam meningkatkan kualitas hidup penyintas COVID-19 dan mengurangi dampak jangka panjang yang dialami.

.....The COVID-19 pandemic has had an impact on the increased occurrence of Long COVID, especially among the productive age group. This research was conducted in response to the high history of increasing COVID-19 cases in the Jabodetabek area and as an effort to describe the risk of Long COVID. This research was also conducted an overview of the quality of life of COVID-19 survivors, especially those at risk of Long COVID symptoms in the productive age group in the Jabodetabek area. The method that is used is cross-sectional. The sample consists of individuals who had been infected by COVID-19 in 2021-2022, aged 15-64 years, and living in Jabodetabek area. The total collected samples was 430 based on cluster sampling technique. Data was collected through a questionnaire which included respondents' demographic and clinical characteristics, as well as the Short Form Health Survey (SF-36) quality of life instrument which has been tested for validity and reliability. A quantitative descriptive statistical approach is used to analyze the data. The research findings showed that the majority of respondents had good quality of life (76.3%), followed by moderate quality of life (17%), and weak quality of life (6.7%). Respondents at risk of Long COVID symptoms had a lower proportion of quality of life compared to those without the risk of Long COVID symptoms. The social function domain had the highest proportion of good quality of life, while the energy domain had the lowest proportion of good quality of life. These findings are expected to provide

insight and understanding for the development of interventions to improve the quality of life of COVID-19 survivors and reduce the long-term impacts they experience.