

# Dampak Adaptasi Pascapandemi Covid-19 Terhadap Anak Dengan Gangguan Neurologis dan Neurodevelopmental di Rumah Sakit Umum Pusat Nasional Dr. Cipto Mangunkusumo = The Impact of Covid-19 Post-Pandemic Adaptation On Children With Neurological and Neurodevelopmental Disorders at The National Central General Hospital Dr. Cipto Mangunkusumo

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## Abstrak

### Latar Belakang

Pandemi COVID-19 telah dinyatakan berakhir oleh World Health Organization sehingga anak-anak dengan gangguan neurologis dan neurodevelopmental perlu untuk beradaptasi kembali. Oleh karena itu, penelitian mengenai adaptasi pascapandemi terkait layanan kesehatan, perkembangan masalah medis anak, hubungan anak dengan keluarga dan teman, perilaku anak, dan masalah yang dihadapi oleh orang tua, pengasuh, dan keluarga dalam penanganan anak perlu dilakukan untuk merancang intervensi dan kebijakan yang mendukung mereka dalam menghadapi situasi serupa di masa depan.

### Metode

Penelitian ini merupakan studi potong lintang pada orang tua atau pengasuh pasien Poliklinik Neurologi Anak RSCM Kiara pada Oktober-November 2023 dengan instrumen penelitian berupa kuesioner yang berisi 48 pertanyaan untuk mengetahui adaptasi pascapandemi COVID-19 terhadap anak-anak dengan gangguan neurologis dan neurodevelopmental. Data disajikan dalam N dan persentase serta rerata dan standar deviasi (jika terdistribusi normal) atau median dan nilai minimum-maksimum (jika tidak terdistribusi normal).

### Hasil

Jumlah subjek yang terlibat adalah 125 orang, yang didominasi oleh ibu (85,6%), dengan median (min-maks) usia anak 7 (2-17) tahun, dan diagnosis anak didominasi oleh epilepsi (58,3%). Setelah pandemi, sebanyak 54,4% responden mengalami kesulitan layanan kesehatan dalam aspek waktu tunggu rawat jalan dan 56,8% melaporkan adanya perbaikan dalam masalah medis. Mayoritas hubungan anak dengan keluarga adalah baik ketika sebelum dan selama pandemi (48,8%) serta setelah pandemi (49,6%). Terkait hubungan anak dengan teman, selama pandemi, hampir separuh anak tidak melakukan kontak dengan teman-teman mereka (44,8%), tetapi sekarang, mayoritas anak telah kembali bermain secara langsung (62,4%). Terkait perubahan perilaku pascapandemi, sebanyak 43,2% melaporkan relatif sama saja. Sementara terkait masalah yang dihadapi oleh orang tua, pengasuh, dan keluarga dalam penanganan anak, 40,8% menyatakan bahwa tidak ada kesulitan dalam menangani anak-anak mereka setelah pandemi.

### Kesimpulan

Adaptasi pascapandemi COVID-19 memberikan dampak pada layanan kesehatan, perkembangan medis anak, perubahan perilaku, dan hubungan dengan teman terhadap anak-anak dengan gangguan neurologis dan neurodevelopmental, meskipun sebagian besar hubungan keluarga tetap baik, dan sebagian besar orang tua melaporkan tidak adanya perubahan signifikan dalam situasi kerja atau tidak ada kesulitan yang dihadapi dalam menangani anak.

.....Introduction

The World Health Organization has declared the COVID-19 pandemic over, so children with neurological and neurodevelopmental disorders need to adapt again. Therefore, research on post-pandemic adaptation related to health services, the development of children's medical problems, children's relationships with family and friends, children's behavior, and problems faced by parents, caregivers, and families in treating children needs to be carried out to design interventions and policies that support them in facing similar situations in the future.

#### Method

This research is a cross-sectional study on parents or caregivers of patients at the Children's Neurology Polyclinic RSCM Kiara in October-November 2023 with a research instrument in the form of a questionnaire containing 48 questions to determine post-COVID-19 pandemic adaptation for children with neurological and neurodevelopmental disorders. Data are presented in N and percentage as well as mean and standard deviation (if normally distributed) or median and minimum-maximum values (if not normally distributed).

#### Results

The number of subjects involved was 125 people, dominated by mothers (85,6%), with a median (min-max) child age of 7 (2-17) years, and the child's diagnosis was dominated by epilepsy (58,3%). After the pandemic, 54,4% of respondents experienced health service difficulties regarding outpatient waiting times, and 56,8% reported improvements in medical problems. Most children's relationships with their families were good before and during the pandemic (48,8%) and after (49,6%). Regarding children's relationships with friends, during the pandemic, almost half of children had no contact with their friends (44,8%), but now, most children have returned to playing in person (62,4%). Regarding changes in post-pandemic behavior, 43,2% reported that it was relatively the same. Meanwhile, regarding the problems parents, caregivers, and families faced in handling children, 40,8% stated there were no difficulties managing their children after the pandemic.

#### Conclusion

Post-pandemic COVID-19 adaptation has had an impact on health services, children's medical development, changes in behavior, and relationships with friends for children with neurological and neurodevelopmental disorders; although most family relationships remain good, and most parents report no significant differences in a work situation, or there are no difficulties faced in dealing with children.