

HUBUNGAN LONG COVID-19 DENGAN KEJADIAN KECEMASAN DI BANYUMAS

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ABSTRAK

Latar Belakang : Kejadian kecemasan banyak dilaporkan menetap atau bahkan baru muncul beberapa bulan setelah pasien terkonfirmasi COVID-19. Ada 22,7% gejala psikososial didapatkan pada Long COVID-19, dan sebanyak 6,5% mengalami kecemasan. Penelitian lebih jauh diperlukan agar masyarakat maupun tenaga kesehatan lebih memperhatikan dan mencegah kejadian kecemasan yang lebih dini terhadap penderita Long COVID-19.

Tujuan : Mengetahui hubungan Long COVID-19 dengan kejadian kecemasan di Banyumas.

Metode : Penelitian analitik observasional dengan rancangan *cross sectional* pada masyarakat umum yang telah melewati masa akut COVID-19 dan berdomisili di Banyumas dengan teknik *purposive sampling*. Pengambilan data tingkat kecemasan menggunakan kuesioner *hamilton rating scale for anxiety* (HRS-A) dan Long COVID-19 melalui lembar identitas pasien. Analisis hipotesis menggunakan uji statistik alternatif yaitu uji *Kolmogorov-Smirnov*.

Hasil : Hasil penelitian pada 60 responden yang sudah melewati masa akut COVID-19 dengan uji Kolmogorov-Smirnov didapatkan nilai $p = 0,032$ dengan 33,3% tidak mengalami kecemasan dan 66,7% mengalami kecemasan. Dengan tingkat kecemasan ringan (18,4%), kecemasan sedang (23,3%), kecemasan berat (15%), dan kecemasan berat sekali (10%). Berdasarkan hasil analisis data didapatkan hubungan yang bermakna antara Long COVID-19 dengan kejadian kecemasan.

Kesimpulan : Terdapat hubungan antara Long COVID-19 dengan kejadian kecemasan di Banyumas.

Kata Kunci: Long COVID-19, Kecemasan, Usia, Jenis Kelamin.

RELATIONSHIP BETWEEN LONG COVID-19 WITH THE INCIDENCE OF ANXIETY IN BANYUMAS

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ABSTRACT

Background: Many cases of anxiety are reported appeared or even have persisted for a few months after the patient was confirmed COVID-19. There were 22,7% of psychosocial symptoms found in Long COVID-19 and 6,5% had anxiety. Further research is needed so the community and health care facility staff can pay more attention and prevent anxiety earlier in Long COVID-19 sufferers.

Objective: To find out the relationship between Long COVID-19 and the incidence of anxiety in Banyumas.

Methods: An observational analytical study with a cross sectional design on the society who have passed the acute period of COVID-19 and domiciled in Banyumas with purposive sampling technique. Anxiety level of data were collected using the Hamilton Rating Scale for Anxiety (HRS-A) and Long COVID-19 questionnaires through patient identity sheets. Hypothesis analysis used an alternative statistical test, namely the Kolmogorov-Smirnov test.

Results: The results of the study on 60 respondents who had passed the acute period of COVID-19 with the Kolmogorov-Smirnov test showed p value = 0,031% with 33,3% no anxiety and 66,7% had anxiety. With mild anxiety levels (18,4%), moderate anxiety (23,3%), severe anxiety (15%), and very severe anxiety (10%). Based on the results of data analysis, there was a significant relationship between Long COVID-19 and the incidence of anxiety.

Conclusion: There is a relationship between Long COVID-19 and the incidence of anxiety in Banyumas.

Keywords: Age, Anxiety, Gender, Long Covid-19.