

Hubungan Infeksi COVID-19 dengan Multidimensi Kelelahan pada Populasi di Kota Depok = Assosiation of COVID-19 Infection with Multidimensional of Fatigue among Population in Depok City

Tri Amelia Rahmitha Helmi, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20520158&lokasi=lokal>

Abstrak

Kelelahan merupakan efek jangka Panjang COVID-19 dengan proporsi tertinggi yang sering dilaporkan. Penelitian ini bertujuan menganalisis hubungan infeksi COVID-19 dengan kelelahan pada populasi umum. Studi menggunakan desain cross-sectional. Kelelahan diukur menggunakan instrumen MFI-20 yang terdiri dari 4 dimensi kelelahan, yaitu kelelahan umum, kelelahan mental, kelelahan fisik, dan motivasi berkurang. Infeksi COVID-19 dengan menggunakan kuesioner pada peserta uji PCR di Kota Depok. Pengumpulan data dilakukan menggunakan kuesioner online. Kuesioner daring diberikan kepada 416 orang populasi umum berusia 25-40 tahun dan tidak memiliki riwayat rawat inap karena COVID-19. Kelompok terpapar adalah penyintas 6-12 bulan pasca infeksi dan kelompok tidak terpapar belum pernah terinfeksi COVID-19. Hasil penelitian diketahui prevalensi kelelahan umum adalah 18.8% dan nilai POR interaksi COVID-19 dan penyakit 7.14 (95% CI 1.11-45.87) setelah dikontrol variabel lain; prevalensi kelelahan mental 9.9% dan POR 2.25 (95% CI 1.07-4.73; p value 0.031); prevalensi kelelahan fisik 8.9% dan POR 2.248 (95% CI 1.033-4.896; p value 0.041) setelah dikontrol pekerjaan, IMT, dan riwayat penyakit; serta prevalensi motivasi berkurang 9.9% dan POR 1.24 (95% CI 0.59-2.58; p value 0.556) setelah dikontrol IMT dan insomnia. Dapat disimpulkan bahwa terdapat hubungan infeksi COVID-19 dengan kelelahan umum, kelelahan mental, dan kelelahan fisik bahkan tanpa ada riwayat rawat inap dan setelah satu tahun dari waktu infeksi. Sehingga perlu adanya tatalaksana terhadap penyintas untuk pencegahan dan pemulihan kelelahan.

.....Fatigue is long-term consequences of COVID-9 survivors with the highest proportion reported. The study aims to analysis the association of COVID-19 infection with post COVID-19 fatigue in the general population. The study was cross-sectional design. Fatigue was measured by the Multidimensional Fatigue Inventory (MFI-20) instrument which consists of general fatigue, mental fatigue, physical fatigue, and reduced motivation. COVID-19 infection was measured by an online questionnaire among PCR test participants in Depok City. Data collected by online web-questionnaire. The exposed group was survivor COVID-19 6-12 months after recovery and the unexposed group was never infected by COVID-19. Four hundred and sixteen people aged 25-40 years old without hospitalized due to COVID-19 history were recruited. The prevalence of general fatigue was 18.8% and COVID-19 showed interaction with history of diseases with POR 7.14 (95% CI 1.11-45.87) adjusted by age, body mass index, marital status, status of having children, physical activity, and coping strategy. Prevalence of mental fatigue was 9.9% and POR 2.25 (95% CI 1.07-4.73; p value 0.031); prevalence of physical fatigue was 8.9% dan POR 2.248 (95% CI 1.033-4.896; p value 0.041) adjusted by body mass index, occupation status, and history of disease. Prevalence of reduced motivation was 9.9% and POR 1.24 (95% CI 0.59-2.58; p value 0.556) adjusted by body mass index and insomnia. COVID-19 infection is associated statistically significant to general fatigue, mental fatigue and physical fatigue even in non-hospitalized one year after time onset among the population in Depok City. It is necessary to intervene in survivor management to prevent and disability limitation of fatigue.