

# Dampak Psikologis Pandemi COVID-19 sebagai Etiologi Temporomandibular Disorder: Kajian Sistematis = Psychological Impact of the COVID-19 Pandemic as an Etiological of Temporomandibular Disorder: A Systematic Review

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## Abstrak

**Tujuan:** Kajian sistematis ini bertujuan mengidentifikasi dan menyelidiki dampak psikologis, seperti stres, kecemasan, dan depresi akibat pandemi COVID-19 sebagai etiologi temporomandibular disorder (TMD). **Metode:** Protokol penelusuran literatur dalam kajian sistematis ini berdasarkan tahapan Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA). Pencarian literatur dilakukan pada empat basis data daring yaitu Pubmed, Scopus, EBSCO, dan ProQuest dengan membatasi literatur dalam bahasa Inggris dan dipublikasikan dalam rentang waktu tahun 2020 hingga 2022 sejak pandemi COVID-19 terjadi. Kriteria inklusi lain yang ditetapkan adalah subjek dengan TMD, dampak psikologis pandemi COVID-19 sebagai etiologi TMD dan studi observasional. Penilaian risiko bias menggunakan borang Joanna Briggs Institute Critical Appraisal. Hasil: Dari penelusuran didapatkan 421 literatur dan setelah proses seleksi terdapat 13 literatur yang termasuk dalam kriteria inklusi. Kondisi TMD pasien didiagnosa menggunakan kuesioner DC/TMD dan variasinya. Pada subjek dengan TMD dilakukan pengukuran terhadap keadaan psikologis dan dampak dari pandemi COVID-19. Hasil pemeriksaan keadaan psikologis pada 13 literatur ini menunjukkan adanya peningkatan stres, depresi, dan kecemasan pada subjek dengan TMD yang merupakan dampak dari pandemi COVID-19. Hal ini disebabkan karena adanya peristiwa lockdown, kehilangan pekerjaan, keterbatasan interaksi sosial, dan ketakutan pada pandemi COVID-19. Dampak pandemi COVID-19 menyebabkan peningkatan tekanan emosional dan kebiasaan parafungsi. Hal ini memperburuk kondisi fisiologis pada sistem stomatognatik dan mengakibatkan terjadinya TMD. Kesimpulan: Interaksi dampak pandemi COVID-19 dengan faktor psikologi dapat berperan sebagai etiologi TMD. Stres, depresi, dan kecemasan berkelanjutan akibat pandemi COVID-19 dapat menyebabkan peningkatan tekanan psikologis dan emosional, serta kebiasaan parafungsi seperti bruxism dan mengakibatkan TMD. Penilaian faktor psikologi yang menyeluruh pada pasien TMD dapat menjadi kunci dalam keberhasilan perawatan pasien TMD terutama pada masa pandemi COVID-19.

.....Objectives: The aim of this systematic review was to identify and investigate the impact of the COVID-19 pandemic in relation to psychological factors such as stress, anxiety, and depression as etiologies of temporomandibular disorder (TMD).

Methods: The literature search protocol in this systematic review was based on the Preferred Reporting Items for Systematic Review and Meta-Analyses (PRISMA). The literature search was conducted on four online databases: Pubmed, Scopus, EBSCO, and ProQuest by limiting only literature in English and published in the period from 2020 to 2022 since the COVID-19 pandemic occurred. The inclusion criteria were the subject with TMD; the impact of the COVID-19 pandemic as an etiology of TMD; observational studies. The bias risk was assessed using the Joanna Briggs Institute Critical Appraisal form. Results: 421 literatures were obtained in the initial search and after the selection process there were 13 literatures included in this systematic review. The patient's TMD condition was diagnosed using the DC/TMD

questionnaire and its variations. Psychological measurements and the impact of the COVID-19 pandemic were carried out for the subjects with TMD. The results of examining the psychological state of the 13 literatures show an increase in stress, depression, and anxiety in subjects with TMD which is the impact of the COVID-19 pandemic. This condition is due to lockdown events, loss of jobs, restrictions on social interaction, and fear of the COVID-19 pandemic. The impact of the COVID-19 pandemic causes an increase in emotional stress, and parafunctional habits. These impacts can cause physiological decline in the stomatognathic system and results in TMD. Conclusions: The interaction between the impact of the COVID-19 pandemic and psychological factors can act as an etiology for TMD. Continued stress, depression and anxiety due to the COVID-19 pandemic can lead to increased psychological and emotional distress, as well as parafunctional habits such as bruxism and lead to TMD. A thorough assessment of psychological factors in TMD patients can be key to the successful treatment of TMD patients, especially during the COVID-19 pandemic.