

# FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KUALITAS HIDUP PADA PENYINTAS COVID-19 PASCAINFEKSI 2 TAHUN

Studi Observasional pada Penyintas COVID-19 di Kabupaten Banyumas

## ABSTRAK

**Baiti Kinasih**

**Latar Belakang:** Meskipun infeksi *SARS-CoV-2* bisa disembuhkan, penyintas COVID-19 cenderung memiliki kualitas hidup yang lebih rendah dari populasi normal dan berlangsung lama. Belum banyak dilakukan penelitian untuk mengetahui faktor yang berkaitan dengan kualitas hidup pada penyintas COVID-19 di Indonesia dalam jangka panjang.

**Tujuan:** Untuk menganalisis faktor-faktor apa saja yang berkaitan dengan kualitas hidup pada penyintas COVID-19 pascainfeksi 2 tahun

**Metode:** Penelitian ini merupakan studi potong lintang di Kabupaten Banyumas yang melibatkan 96 sampel penyintas COVID-19 yang terinfeksi di rentang Juni sampai Agustus 2021. Pengambilan data dilakukan tahun 2023 setelah mendapat izin etik. Kualitas hidup diambil menggunakan kuesioner WHOQOL-BREF. Analisis bivariat variabel berskala rasio menggunakan uji korelasi, sedangkan data kategorik menggunakan uji beda. Analisis multivariat menggunakan uji regresi linear.

**Hasil:** Kualitas hidup penyintas COVID-19 setelah infeksi 2 tahun tergolong baik. Sebagian kecil (21%) penyintas masih mengalami long COVID-19 setelah 2 tahun. Kualitas diet sebagian besar responden rendah (83,3%). Terdapat korelasi negatif ( $p < 0,05$ ) antara jumlah long COVID, jumlah komorbid, dan usia, terhadap kualitas hidup domain fisik dan psikis. Tidak ada perbedaan rerata skor kualitas hidup antara perempuan dan laki-laki ( $p > 0,05$ ). Ada beda rerata kualitas hidup berdasarkan riwayat perawatan COVID-19 ( $p < 0,05$ ). Kualitas diet berhubungan dengan kualitas hidup ( $p < 0,05$ ). Terdapat perbedaan rerata kualitas hidup domain lingkungan terhadap kelompok tingkat pendidikan dan pendapatan ( $p < 0,05$ ).

**Simpulan:** Riwayat perawatan COVID-19 di RS menjadi faktor yang paling berhubungan dengan kualitas hidup domain fisik dan psikis. Kualitas diet adalah faktor paling dominan pada domain sosial. Faktor yang paling berhubungan pada domain lingkungan yaitu tingkat pendidikan.

**Kata Kunci:** penyintas COVID-19, kualitas hidup, long COVID, diet.

# FACTORS ASSOCIATED WITH QUALITY OF LIFE AMONG COVID-19 SURVIVORS 2-YEARS POST- INFECTION: An Observational Study in Banyumas Regency

## ABSTRACT

**Baiti Kinasih**

**Background:** Although SARS-CoV-2 infection is curable, COVID-19 survivors tend to have a lower quality of life compared to the general population, and this condition may persist over time. Limited research has been conducted to identify factors associated with the long-term quality of life of COVID-19 survivors in Indonesia.

**Objective:** To analyze the factors associated with the quality of life among COVID-19 survivors two years post-infection

**Methods:** This was a cross-sectional study conducted in Banyumas Regency involving 96 COVID-19 survivors who were infected between June and August 2021. Data collection was conducted in 2023 after obtaining research and ethical approval. Quality of life was assessed using the WHOQOL-BREF questionnaire. Bivariate analysis for ratio-scale variables was conducted using correlation tests, while categorical variables were analyzed using t-tests/mann whitney or kruskal wallis. Multivariate analysis was performed using multiple linear regression.

**Results:** The quality of life among COVID-19 survivors two years post-infection was generally good. A small proportion (21%) continued to experience long COVID-19 symptoms after two years. Most respondents had poor dietary quality (83,3%). There was a negative correlation ( $p < 0,05$ ) between the number of long COVID-19 symptoms, number of comorbidities, and age with the physical and psychological domains of quality of life. No significant difference was found in the mean quality of life scores between male and female respondents ( $p > 0,05$ ). However, there was a significant difference in quality of life based on history of COVID-19 treatment ( $p < 0,05$ ). Dietary quality was associated with overall quality of life ( $p < 0,05$ ). Differences in the environmental domain of quality of life were observed across educational and income groups ( $p < 0,05$ ).

**Conclusion:** A history of hospitalization due to COVID-19 was the factor most strongly associated with the physical and psychological domains of quality of life. Dietary quality emerged as the most dominant factor in the social domain, while education level was the most influential factor in the environmental domain.

**Keywords:** COVID-19 survivors, quality of life, long COVID, diet.