



UNIVERSITAS ANDALAS

**FAKTOR RISIKO KEJADIAN *LONG COVID* : STUDI
SYSTEMATIC REVIEW DAN *META-ANALISIS***



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FAKULTAS KESEHATAN MASYARAKAT

UNIVERSITAS ANDALAS

PADANG, 2022

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Skripsi, Juni 2022**

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xi + 93 halaman, 3 tabel, 18 gambar, 9 lampiran

ABSTRAK

Tujuan Penelitian

SARS-CoV-2 telah menyebabkan *global pandemic* yang berdampak pada seluruh dunia. Pasien yang telah sembuh dari infeksi COVID-19 berisiko mengalami *long COVID*. Tujuan penelitian ini adalah untuk mengetahui faktor risiko kejadian *long COVID*.

Metode

Penelitian ini dilakukan dengan *systematic review* dan *meta-analisis*. Penelusuran melalui database ProQuest, PubMed, dan EBSCO. Waktu publikasi dibatasi dari tahun 2020-2021. Analisis data dilakukan menggunakan software RevMan 5.4.

Hasil

Sebanyak 13 penelitian yang masuk *systematic review* dan *meta-analisis* dari 9.094 artikel yang diidentifikasi. Faktor yang berhubungan dengan kejadian *long COVID* adalah umur *pooled MD* = 5.56, 95% CI 2.37-8.76, jenis kelamin *pooled OR* = 1.32, 95% CI 1.21-1.44, IMT *pooled MD* = 3.69, 95% CI 3.69-5.00, gangguan pernapasan *pooled OR* = 1.58, 95% CI 1.33-1.87, dan perawatan di rumah sakit *pooled OR* = 6.04, 95% CI 5.24-7.80.

Kesimpulan

Terdapat perbedaan rata-rata umur dan indeks massa tubuh yang menderita *long COVID* dengan yang tidak menderita *long COVID*. Variabel jenis kelamin, gangguan pernapasan dan perawatan di rumah sakit merupakan faktor yang dapat meningkatkan risiko terjadinya *long COVID*. Disarankan kepada pasien COVID-19 untuk dapat melakukan pengecekan kesehatan secara berkala dan mendapatkan vaksin COVID-19 setelah dinyatakan sembuh dari infeksi COVID-19.

Daftar Pustaka : 90 (2017-2022)

**Kata Kunci : Gangguan Pernapasan, Jenis Kelamin, Long COVID,
Perawatan di RS**

**FACULTY OF PUBLIC HEALTH
ANDALAS UNIVERSITY**

Undergraduate Thesis, June 2022

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**RISK FACTORS OF LONG COVID: SYSTEMATIC REVIEW AND
META-ANALYSIS STUDY**

xi + 93 pages, 3 tables, 18 pictures, 9 attachments

ABSTRACT

Objective

SARS-CoV-2 has caused a global pandemic that has affected the entire world. Patients who have recovered from COVID-19 infection are at risk of experiencing long COVID. This study aimed to determine the risk factors for the occurrence of long COVID.

Method

This research was conducted using a systematic review and meta-analysis. Search through ProQuest, PubMed, and EBSCO databases. Publication time is limited from 2020 to 2021. Data analysis was carried out using RevMan 5.4. software

Result

A total of 13 studies were included in the systematic review and meta-analysis of 9,094 articles. Factors related to the incidence of long COVID are age pooled MD = 5.56, 95% CI 2.37-8.76, sex pooled OR = 1.32, 95% CI 1.21-1.44, BMI pooled MD = 3.69, 95% CI 3.69-5.00, respiratory diseases pooled OR = 1.58, 95% CI 1.33-1.87, and pooled hospitalization OR = 6.04, 95% CI 5.24-7.80.

Conclusion

There is a difference in the average age and body mass index of those who suffer from long COVID and those who do not suffer from long COVID. In addition, variable sex, respiratory disorders and hospitalization can increase the risk of long COVID. Therefore, it is recommended for COVID-19 patients to be able to carry out regular health checks, take vitamins recommended by doctors and get the COVID-19 vaccine after being declared cured of COVID-19 infection.

References : 90 (2017-2022)

Keywords : Hospitalization, Long COVID, Respiratory Disorders, Sex