

ABSTRAK

SOSIODEMOGRAFI DAN KUALITAS HIDUP PADA KARYAWAN RSUD DEMANG SEPULAU RAYA YANG TERINFEKSI DAN YANG TIDAK TERINFEKSI COVID-19

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Pandemi Covid-19 yang terjadi sejak tahun 2020 mengakibatkan lonjakan kasus yang berdampak terhadap tingkat keterisian tempat tidur di Rumah Sakit, termasuk RSUD Demang Sepulau Raya. Frekuensi paparan yang tinggi berimbas pada banyaknya karyawan mengalami infeksi Covid-19. Setelah selesai menjalani pengobatan, gejala jangka panjang dari Covid-19 masih dapat dirasakan dan dapat mengubah persepsi tentang kesehatan serta kualitas hidup dari penderitanya.

Untuk mengetahui adanya pengaruh sosiodemografi terhadap kejadian infeksi Covid-19, serta perbedaan kualitas hidup pada karyawan yang terinfeksi dan tidak terinfeksi Covid-19 maka penelitian ini dilakukan dengan 16 variabel bebas yang meliputi usia, jenis kelamin, tingkat pendidikan, jenis pekerjaan, status vaksinasi, riwayat penyakit komorbid, fungsi fisik, keterbatasan peran fisik, nyeri fisik, kesehatan umum, vitalitas, fungsi sosial, keterbatasan emosional, kesehatan mental, kualitas tidur dan fungsi kognitif. Instrumen penelitian yang digunakan adalah *Short Form-36* (SF-36), *Pittsburgh Sleep Quality Index* (PSQI) dan *Mini Mental State Exam* (MMSE). Analisis data sosiodemografi menggunakan SPSS dengan perhitungan *chi-square* untuk analisis bivariat dan regresi logistik untuk analisis multivariat, sedangkan perbedaan kualitas hidup menggunakan uji-t.

Dari hasil penelitian ini didapatkan bahwa jenis pekerjaan ($p=0,014$) dan status vaksinasi ($p=0,001$) berpengaruh terhadap kejadian infeksi Covid-19. Terdapat perbedaan nilai rata-rata kualitas hidup dari variabel nyeri fisik ($p=0,041$), kesehatan umum ($p=0,000$), fungsi sosial ($p=0,041$), keterbatasan emosional ($p=0,021$) dan kualitas tidur ($p=0,002$) antara karyawan yang terinfeksi dan yang tidak terinfeksi Covid-19. Jenis pekerjaan merupakan faktor yang paling berpengaruh terhadap kejadian infeksi Covid-19 ($OR=3,864$).

Kata kunci : COVID-19, Sosiodemografi dan Kualitas Hidup, Kesehatan Umum, Fungsi Sosial, Kualitas Tidur

ABSTRACT

SOCIODEMOGRAPHY AND QUALITY OF LIFE OF RSUD DEMANG SEPULAU RAYA'S EMPLOYEES INFECTED AND THOSE NOT INFECTED WITH COVID-19

By

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The Covid-19 pandemic that has occurred since 2020 has resulted in a spike in cases that have an impact on the level of bed occupancy in hospitals, including Demang Sepulau Raya Regional Hospital. The high frequency of exposure has resulted in many employees experiencing Covid-19 infections. After completing treatment, long-term symptoms of Covid-19 can still be felt and can change the perception of health and quality of life of sufferers.

To determine the influence of sociodemographics on the incidence of Covid-19 infection, as well as differences in quality of life in employees who are infected and not infected with Covid-19, this study was conducted with 16 independent variables including age, gender, education level, occupation, vaccination status, history of comorbid diseases, physical function, physical role limitations, physical pain, general health, vitality, social function, emotional limitations, mental health, sleep quality and cognitive function. The research instruments used were Short Form-36 (SF-36), Pittsburgh Sleep Quality Index (PSQI) and Mini Mental State Exam (MMSE). Analysis of sociodemographic data using SPSS with chi-square calculations for bivariate analysis and cognitive regression for multivariate analysis, while differences in quality of life using the t-test.

The results of this study showed that occupation ($p = 0.014$) and vaccination status ($p = 0.001$) had an effect on the incidence of Covid-19 infection. There was a difference in the average quality of life score of the variables bodily pain ($p = 0.041$), general health ($p = 0.000$), social function ($p = 0.041$), role emotional ($p = 0.021$) and sleep quality ($p = 0.002$) between employees who were infected and those who were not infected with Covid-19. Occupation was the most influential factor on the incidence of Covid-19 infection ($OR = 3.864$).

Keywords: COVID-19, Sociodemographics and Quality of Life, General Health, Social Functioning, Sleep Quality