

PENGARUH KEJADIAN COVID-19 TERHADAP STATUS GIZI PEREMPUAN DI PUSKESMAS DEPOK 3 SLEMAN

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ABSTRAK

Latar Belakang: *Coronavirus Disease* 2019 (COVID-19) adalah penyakit menular yang disebabkan oleh SARS-CoV-2. Pengaruh kejadian COVID-19 salah satunya menyebabkan perubahan status gizi pada orang dewasa termasuk wanita usia subur yang pernah terkonfirmasi COVID-19.

Tujuan: Diketuinya pengaruh kejadian COVID-19 terhadap status gizi perempuan yang pernah terkonfirmasi COVID-19

Metode: Penelitian ini menggunakan metode *observational analitic* dengan desain *kohort retrospektif*. Subjek penelitian adalah perempuan usia (15-49 tahun) yang pernah terkonfirmasi COVID-19 di wilayah kerja Puskesmas Depok 3 Sleman sebanyak 84 responden. Pengambilan sampel menggunakan teknik *simple random sampling*. Variabel dalam penelitian ini yaitu kejadian COVID-19, usia, status pernikahan, status pekerjaan, pendapatan, penyakit penyerta, pola konsumsi, aktivitas fisik dan kelayakan tempat isolasi mandiri. Instrumen penelitian adalah kuesioner. Analisis data menggunakan *Chi-Square* dan regresi logistik.

Hasil: Variabel yang berhubungan terhadap status gizi dengan indikator IMT secara statistik adalah kejadian COVID-19 ($p=0,017$), usia ($p=0,012$), status pekerjaan ($0,024$), pendapatan ($p=0,040$), penyakit penyerta ($p=0,038$), pola konsumsi ($p=0,003$), aktivitas fisik ($p=0,048$), kelayakan tempat isolasi mandiri ($0,011$). Faktor yang paling dominan secara signifikan adalah pola konsumsi (OR 5,167, 95% CI 1,451-18,402). Variabel yang berhubungan terhadap status gizi dengan indikator tanda dan gejala anemia yaitu kejadian COVID-19 ($p=0,003$), pendapatan ($p=0,037$), dan pola konsumsi ($p=0,045$). Faktor yang paling dominan secara signifikan adalah pola konsumsi (OR 3,268, 95% CI 1,109-9,662).

Kesimpulan: Kejadian COVID-19 memiliki pengaruh secara signifikan terhadap status gizi perempuan yang pernah terkonfirmasi COVID-19. Variabel yang paling dominan secara signifikan terhadap status gizi perempuan berdasarkan indikator IMT dan tanda gejala anemia adalah pola konsumsi. Pola konsumsi seseorang buruk berpeluang 3,2 kali menyebabkan status gizi yang tidak normal.

Kata Kunci: Kejadian COVID-19, status gizi, perempuan

**THE EFFECT OF COVID-19 ON THE NUTRITIONAL STATUS
OF WOMEN AT PUSKESMAS DEPOK 3 SLEMAN**

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ABSTRACT

Background: Coronavirus Disease 2019 (COVID-19) was an infectious disease caused by SARS-CoV-2. One of the damages of the COVID-19 pandemic is affecting the changes in nutritional status in adults, including women of the reproductive age who have been confirmed with COVID-19.

Objective: Knowing the effect of COVID-19 on the nutritional status of women who had been confirmed with COVID-19.

Methods: This study used an observational analytic method with a retrospective cohort study. The subjects of this research were women aged (15-49 years) who had been confirmed with COVID-19 in the work area of the Depok 3 Sleman Health Center as many as 84 respondents. Sampling using a simple random sampling technique. The variables in this study were the incidence of COVID-19, age, marital status, employment status, income, comorbidities, consumption patterns, physical activity, and the feasibility of self-isolation places. The research instrument is a questionnaire. Data analysis using Chi-Square and logistic regression.

Result: The variable that were statistically related to nutritional status based on Body Mass Index (BMI) indicators were incidence of COVID-19 ($p=0.017$), age ($p=0.012$), employment status ($p=0.024$), income ($p=0.040$), consumption patterns ($p=0.001$), physical activity ($p=0.048$), and feasibility of self-isolation places ($p=0.011$). The most dominant factors were the consumption pattern (OR 5,167.95% CI 1,451-18,402). The variable that were statistically related to nutritional status based of signs and symptoms of anemia were incidence of COVID-19 ($p=0.003$), income ($p=0.037$), consumption patterns ($p=0.045$), physical activity ($p=0.048$), and feasibility of self-isolation places ($p=0.011$). The most dominant factors were the consumption pattern (OR 3,268.95% CI 1.109-9.662).

Conclusion: COVID-19 has a significant effect on the nutritional status of women who have been confirmed with COVID-19. The most significantly dominant variable on women's nutritional status based on BMI indicators and signs of anemia is consumption patterns. Consumption pattern were 3.2 times likely to cause abnormal nutritional status.

Keywords: COVID-19, nutritional status, women