

GAMBARAN GEJALA SISA PADA PENYINTAS *CORONAVIRUS DISEASE*  
(COVID-19) DI DESA GUWOSARI, PAJANGAN, BANTUL

Kurniatin Nur Habsari<sup>1</sup>, Ida Mardalena<sup>2</sup>, Catur Budi Susilo<sup>3</sup>  
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,  
Jl Tata Bumi No.3 Banyuraden, Gamping, Sleman, DIY

<sup>1</sup>) Email : [kurniatinnurhabsari@gmail.com](mailto:kurniatinnurhabsari@gmail.com), <sup>2,3</sup>) Dosen Jurusan Keperawatan  
Politeknik Kementerian Kesehatan Yogyakarta

**ABSTRAK**

**Latar Belakang:** *Coronavirus Disease* (Covid-19) merupakan penyakit yang menyebabkan infeksi pada saluran pernapasan mulai dari gejala ringan, sedang sampai berat. Penyintas Covid-19 seringkali masih merasakan keluhan atau gejala sisa.

**Tujuan:** Mengetahui gambaran gejala sisa pada penyintas Covid-19 di Desa Guwosari, Pajangan, Bantul.

**Metode:** Penelitian ini merupakan jenis penelitian deskriptif dengan desain penelitian survei. Responden dalam penelitian ini adalah penyintas Covid-19 di Desa Guwosari, Pajangan, Bantul yang telah dinyatakan sembuh 0-6 bulan dengan jumlah 100 responden menggunakan teknik *Proportionate Stratified Random Sampling*. Instrumen dalam penelitian ini menggunakan kuisioner.

**Hasil:** Gejala sisa pada penyintas Covid-19 di Desa Guwosari, Pajangan, Bantul yaitu kelelahan (62%), sakit kepala (17.2%), anosmia (10.3%), dispnea (6.9%), nyeri sendi (6.9%), rambut rontok (3.4%), dan lainnya (3.4%) dengan lama gejala sisa dirasakan <1 bulan (24.1%), 1-3 bulan (41.4%), 4-6 bulan (27.6%), >6 bulan (6.9%) dan seluruh responden menyatakan gejala sisa mengganggu aktivitas.

**Kesimpulan:** Gejala sisa pada penyintas Covid-19 sebagian besar mengalami kelelahan dengan lama gejala sisa 1-3 bulan dan mengganggu aktivitas.

**Kata Kunci:** Penyintas Covid-19, Kualitas hidup

*THE SEQUELAE OF CORONAVIRUS DISEASE SURVIVORS  
IN GUWOSARI, PAJANGAN, BANTUL*

Kurniatin Nur Habsari<sup>1</sup>, Ida Mardalena<sup>2</sup>, Catur Budi Susilo<sup>3</sup>  
*Nursing Departement, Health Polytechnic, Yogyakarta Ministry of Health  
Jl Tata Bumi No.3 Banyuraden, Gamping, Sleman, DIY*

<sup>1</sup>) Email : [kurniatinnurhabsari@gmail.com](mailto:kurniatinnurhabsari@gmail.com), <sup>2,3</sup>) *Lecturer Nursing Department of  
Health Polytechnic Yogyakarta*

**ABSTRACT**

**Background:** *Coronavirus Disease (Covid-19) are infections that affect the respiratory tract and can cause mild, moderate, or severe symptoms. The survivors of Covid-19 frequently have sequelae of Covid-19.*

**Objective:** *To describe the characteristics of sequelae of Covid-19 survivors in Guwosari, Pajangan, Bantul.*

**Methods:** *This research is a type of descriptive research with a survey research design. The respondents in this research are Covid-19 survivors in Guwosari, Pajangan, Bantul who had been cured for 0–6 months, with a total of 100 respondents using Proportionate Stratified Random Sampling. The instrument used is a questionnaire.*

**Results:** *The sequelae of Covid-19 survivors in Guwosari, Pajangan, Bantul are fatigue (62%), headache (17.2%), anosmia (10.3%), dyspnea (6.9%), joint pain (6.9%), hair loss (3.4%), and others (3.4%), with symptoms lasting 1 month (24.1%), 1-3 months (41.4%), 4-6 months (27.6%), and more than 6 months (6.9%), and all of them interfering with activity.*

**Conclusion:** *Fatigue is the most common persistent symptom of Covid-19 survivors, lasting 1-3 months and interfering with activity.*

**Keywords:** *Covid-19 survivors, Quality of life*

