

INTISARI

Latar Belakang : Kasus Covid-19 di Indonesia, terutama di D. I. Yogyakarta sangat tinggi. Covid-19 dapat menginfeksi berbagai sistem organ, salah satunya sistem reproduksi. Pada jaringan ovarium dan endometrium terdapat reseptor ACE2, sehingga infeksi Covid-19 berdampak pada sistem reproduksi dan menyebabkan masalah pada menstruasi wanita. Masalah pada menstruasi dapat mengakibatkan masalah reproduksi yang lebih serius salah satunya yaitu endometriosis.

Tujuan Penelitian : Mengetahui gambaran perubahan menstruasi dan mengidentifikasi karakteristik perubahan menstruasi pada wanita pasca menderita Covid-19 level *mild* di D.I. Yogyakarta.

Metode : Penelitian ini merupakan penelitian survei dengan rancangan deskriptif kuantitatif. Responden pada penelitian ini adalah wanita pasca menderita Covid-19 di D. I. Yogyakarta yang berjumlah 68 orang. Penelitian ini menggunakan kuesioner *Menstrual Change Instrument* yang dikembangkan sendiri oleh peneliti. Analisis penelitian menggunakan statistik deskriptif dengan cara mendeskripsikan data yang telah didapatkan dari masing-masing karakteristik variabel penelitian. Peneliti mendeskripsikan data sampel berupa karakteristik responden, kebiasaan umum menstruasi, karakteristik menstruasi wanita sebelum dan setelah menderita Covid-19 level *mild* di D. I. Yogyakarta. Analisa data dalam penelitian ini disajikan dalam bentuk distribusi frekuensi dan persentase.

Hasil : Pada penelitian ini, terdapat 54.41% responden yang mengalami perubahan pada siklus menstruasi, dengan rincian 7.35% responden mengalami perubahan durasi, 20.59% responden mengalami perubahan frekuensi, 1.48% responden mengalami perubahan keteraturan, dan 19.12% responden yang mengalami perubahan pada volume menstruasi.

Kesimpulan : Hasil penelitian menunjukkan adanya perubahan siklus menstruasi yang dialami oleh wanita pasca menderita Covid-19 level *mild*, yang meliputi perubahan pada durasi, frekuensi, keteraturan, dan volume menstruasi.

Kata Kunci : Covid-19 level *mild*, Perubahan Menstruasi, Wanita

ABSTRACT

Background : Covid-19 cases in Indonesia, especially in D. I. Yogyakarta are very high. Covid-19 can infect various organ systems, one of which is the reproductive system. There are ACE2 receptors in ovarian and endometrial tissue, so Covid-19 infection has an impact on the reproductive system and causes problems with women's menstruation. Problems with menstruation can lead to more serious reproductive problems, one of which is endometriosis.

Objective : Knowing the description of menstrual changes identifies the characteristics of changes in women after suffering from a mild level of Covid-19 in D.I. Yogyakarta.

Method : This is a survey research with a quantitative descriptive design. The respondents were 68 women after suffering from Covid-19 in D. I. Yogyakarta. This study used the Menstrual Change Instrument which was developed by the researchers themselves. The research analysis uses descriptive statistics by describing the data that has been obtained from each of the characteristics of the research variables. Researcher described sample data in the form of respondent characteristics, general menstrual habits, menstrual characteristics of women before and after suffering from Covid-19 mild level in D. I. Yogyakarta. Data analysis in this study is presented in the form of frequency and percentage distributions.

Result : There were 54.41% of respondents who experienced changes in the menstrual cycle, with 7.35% experiencing changes in duration, 20.59% experiencing changes in frequency, 1.48% experiencing changes in regularity, and 19.12% experiencing changes in menstrual volume.

Conclusion : There is any changes in the menstrual cycle experienced by women after suffering from mild level of Covid-19, which included changes in the duration, frequency, regularity, and volume of menstruation.

Keywords : Covid-19 with mild level, menstrual change, woman