

**PENGALAMAN PENYINTAS *CORONA VIRUS DISEASE-19* (COVID-19)
YANG PERNAH MENJALANI PERAWATAN DI RUANG *INTENSIVE CARE*
UNIT (ICU)**

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ABSTRAK

Latar Belakang : Pasien COVID-19 dengan gejala berat membutuhkan perawatan intensif di Ruang *Intensive Care Unit* (ICU) untuk dapat terus mempertahankan kehidupannya. Perubahan aturan seperti pembatasan sosial akibat kondisi pandemi membuat pengalaman pasien COVID-19 menjadi lebih buruk selama menjalani perawatan di Ruang ICU.

Tujuan : Menggali pengalaman penyintas COVID-19 yang pernah menjalani perawatan di Ruang ICU.

Metode : Penelitian ini menggunakan metode kualitatif dengan pendekatan studi eksplorasi. Data didapatkan dengan menggunakan metode wawancara mendalam semi terstruktur dan observasi serta dilengkapi dengan catatan lapangan. Wawancara dilakukan pada 6 partisipan yaitu penyintas COVID-19 yang dirawat di sebuah rumah sakit pendidikan di Yogyakarta. Waktu penelitian mulai Juli – Agustus 2024. Pengambilan sampel penelitian menggunakan *purposive sampling*. Analisa data menggunakan metode Collaizi.

Hasil : Penelitian ini secara umum menemukan bahwa penyintas COVID-19 melalui pengalaman yang menakutkan selama terinfeksi COVID-19 dan menjalani perawatan di ICU dengan 6 tema utama yaitu: (a) proses perjalanan pasien hingga masuk Ruang ICU, (b) respon saat terdiagnosa COVID-19 dan masuk ICU, (c) kondisi di ICU yang membuat penyintas trauma, (d) kehadiran keluarga dan tenaga kesehatan sebagai *support system*, (e) perubahan dan pelajaran hidup setelah menjalani perawatan COVID-19 di ICU, dan (f) kesan dan harapan terhadap pelayanan ICU

Kesimpulan: Penyintas COVID-19 yang pernah menjalani perawatan di Ruang ICU mengalami pengalaman traumatis akibat kondisi yang tidak menentu serta perubahan aturan yang diberlakukan selama masa pandemi. Pengalaman tersebut memberikan hikmah dan makna hidup serta kesan tersendiri untuk penyintas terhadap pelayanan ICU selama masa pandemi.

Kata Kunci: COVID-19, pengalaman, penyintas, Ruang ICU

**THE EXPERIENCE OF *CORONA VIRUS DISEASE 19 (COVID-19)*
SURVIVOR WHO HAS UNDERGONE TREATMENT IN THE *INTENSIVE*
*CARE UNIT (ICU)***

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ABSTRACT

Background: COVID-19 patients with severe symptoms require intensive care in the Intensive Care Unit (ICU) to maintain their lives. Changes in regulations such as social restrictions due to the pandemic have made the experience of COVID-19 patients worse during treatment in the ICU.

Objective: To explore the experiences of COVID-19 survivors while being treated in the ICU.

Method: This study used a qualitative method with a study exploration approach. Data were obtained using a semi-structured in-depth interview method and observation and supplemented with field notes. Interviews were conducted on 6 participants, namely COVID-19 survivors who were treated at a teaching hospital in Yogyakarta. The research period started from July - August 2024. The research sample was taken using purposive sampling . Data analysis used the Collaizi method.

Results: This study generally found that COVID-19 survivors went through frightening experiences while being infected with COVID-19 and undergoing treatment in the ICU with 6 main themes, namely: (a) the patient's journey until entering the ICU, (b) response when diagnosed with COVID-19 and admitted to the ICU, (c) conditions in the ICU that traumatized survivors, (d) the presence of family and health workers as a support system, (e) changes and life lessons after undergoing COVID-19 treatment in the ICU, and (f) impressions and hopes for ICU services.

Conclusion : COVID-19 survivors who have undergone treatment in the ICU have experienced unusual experiences due to uncertain conditions and changes in regulations imposed during the pandemic. This experience provides wisdom and meaning in life as well as a special impression for survivors regarding ICU services during the pandemic.

Keywords: COVID-19, experience, survivor, ICU room