

**GAMBARAN MENSTRUASI PENYINTAS COVID-19 DI FAKULTAS
KEDOKTERAN UNIVERSITAS PEMBAGUNAN NASIONAL “VETERAN”
JAKARTA**

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Abstrak

Pendahuluan: Dilaporkan sejumlah perempuan penyintas COVID-19 mengalami perubahan menstruasi. Penelitian ini bertujuan untuk mendapatkan gambaran menstruasi pada penyintas COVID-19 di Fakultas Kedokteran Universitas Pembangunan Nasional “Veteran” Jakarta (FKUPNVJ). **Metode:** Penelitian ini merupakan penelitian deskriptif menggunakan desain retrospektif. Besar sampel 32 orang diambil seluruhnya (*total sampling*). Kriteria subjek penelitian adalah terkonfirmasi COVID-19 maksimal setahun lalu, berusia 18-24 tahun, *normoweight*, belum menikah, dan tidak mempunyai riwayat penyakit atau menggunakan kontrasepsi hormonal yang memengaruhi siklus menstruasi. Data penelitian diambil menggunakan kuesioner. **Hasil:** Sebanyak 18 (56,3%) subjek sudah divaksin tiga kali, 21 (65,6%) subjek divaksin ke-1 dan ke-2 dengan Sinovac, 31 (96,9%) subjek mengalami gejala ringan (isoman) saat terinfeksi COVID-19, dan 9 (28,1%) subjek terinfeksi COVID-19 sebanyak dua kali. Perubahan menstruasi yang dialami oleh subjek 6 bulan setelah terinfeksi COVID-19 adalah 2 orang siklus memanjang, 3 orang siklus memendek, 1 orang volume darah menstruasi berkurang, 1 orang durasi menstruasi bertambah, 5 orang mengalami nyeri menstruasi, dan 2 orang mengalami perdarahan di antara dua siklus. Sebanyak 8 subjek mengaku masalah menstruasi tersebut berulang. Ada hubungan antara frekuensi terinfeksi COVID-19 dengan banyaknya masalah menstruasi ($p = 0,02$). **Kesimpulan:** Pada sebagian kecil penyintas COVID-19 terjadi perubahan menstruasi yang bersifat temporer.

Kata kunci: gangguan menstruasi, mahasiswa, penyintas COVID-19

**DESCRIPTION OF MENSTRUATION IN COVID-19 SURVIVORS
AT FACULTY OF MEDICINE UNIVERSITAS PEMBANGUNAN NASIONAL
“VETERAN JAKARTA**

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Abstract

Introduction: It has been reported that several female COVID-19 survivors experience changes in their menstrual cycle. This study aims to obtain an overview of menstruation among female COVID-19 survivor students at The Faculty of Medicine, Universitas Pembangunan Nasional “Veteran” Jakarta (FMUPNVJ). **Method:** This is a descriptive study using a retrospective design. The sample size of 32 individuals was taken entirely (total sampling). The criteria for the subjects were confirmed COVID-19 within the past year, aged 18-24 years, normoweight, unmarried, and without a history of illness or the use of hormonal contraception that affects the menstrual cycle. Data was collected using a questionnaire. **Results:** Out of the subjects, 18 (56.3%) had received three doses of vaccination, 21 (65.6%) had received the first and second doses of the Sinovac vaccine, 31 (96.9%) experienced mild symptoms (home isolation) during the COVID-19 infection, and 9 (28.1%) had been infected with COVID-19 twice. Menstrual changes experienced by subjects six months after being infected with COVID-19 included two subjects with prolonged cycles, 3 subjects with shortened cycles, 1 subject with decreased menstrual blood volume, 1 subject with increased menstrual duration, 5 subjects experiencing menstrual pain, and 2 subjects experiencing bleeding between two cycles. A total of 8 subjects reported recurring menstrual problems. There was a relationship between the frequency of COVID-19 infection and the number of menstrual problems ($p = 0.02$). **Conclusion:** Temporary menstrual changes occur in a small proportion of COVID-19 survivors.

Keywords: Menstrual disorders, Students, COVID-19 Survivors