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Factors Affected Recovery Time Of Residents With Covid 19

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The massive spread of Covid-19 and made it a pandemic causing a lot of fear and anxiety among people around the world. Covid 19 has been a global disaster which has a high level of spread and severity since it is a contagious disease. The severity of this disease ranges from asymptomatic to severe with general symptoms of fever and cough and causing acute respiratory distress syndrome, especially in the elderly and people with comorbidity. Motivation for inner support to get healthy is important and become one of the factors that accelerate the patient's recovery process. This study is conducted to analyze the factors affecting the recovery time of people affected with Covid 19. Population in this study consisted 660 residents who had confirmed Covid 19 and 109 samples were taken with purposive sampling technique appropriately to inclusion criteria. Independents variables in this study consisted of BMI, history of co-morbidities, knowledge, family support and motivation to recover. While the dependent variable is the healing time of Covid 19. The instrument of this study used a questionnaire sheet. This is a correlational study with cross sectional quantitative analytic. Logistic regression analytic with 95% CI show that variables BMI show OR =0,43, blood type has OR = 0,776, comorbidities has OR 0,802, knowledge has OR= 0,283, family support has OR 4,0006, motivation has OR 4,552and anxiety has OR =1,052. Family support is the determinant factors with p value of 0,0017 compared with other factors such as BMI, blood type, comorbid, knowledge, anxiety and motivation. It can be conclude that family support is the determinant of recovery time of people affected by Covid 19. It is advisable for further research to study the patient's daily nutrition during illness, because nutrition is closely related to a person's immunity.

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INTRODUCTION

Indonesia and the whole world are currently struggling and trying to fight and control the spread of SARS (Severe acute respiratory distress syndrome) disease which has emerged with a new category that is the main cause of COVID 19 (Darsini, Aryati dan Nia, 2000). Covid 19 outbreak is a phenomenon that grabs the attention of people all over the world in every level of society because of its massive spread that caused fear and anxiety (Saputra and Simbolon, 2020). This outbreak is become a pandemic disaster with an alarming level of spread and severity because the virus is highly contagious disease (Winugroho et al, 2021). The severity level of the disease range from asymptomatic to severe with general

symptoms as fever and cough and causing acute respiratory distress syndrome, especially in the elderly and people with comorbidity (Microbop et al,2021).

The increase of confirmed case of Covid 19 is growing past and it spread all over the world. Indonesia is the country with the highest contagious level of Covid 19 in Southeast Asia. The total number of confirmed case at March 31 2021 reached 170.051.718 case with the mortality rate at 3.540.437 and the case fatality rate at 2,1% in 222 affected countries and 150 community transmission countries (WHO, 2021). The increase of confirmed case has been significant since the case 01 and 02 were announced in March 2020 (Rahman, Utami and Nadilah, 2020). Covid – 19 cases in Indonesia has spread throughout the provinces with data on confirmed case reaching 50.262 cases and 66% are in Java (Findyartini et al 2021). The government of Republic of Indonesia reported that as of May 31, 2021 there were 1,821,703 people confirmed for Covid-19, 50.578 people are deaths with a CFR of 2,8% and 1.669.119 patients who have been declared cured (Kemenkes RI, 2021) . East Java Province reported that on June 1st 2020 there were about 155.006 confirmed case of death and 141,839 cases of recovery, while in Banyuwangi the confirmed case reached 6,496 cases with a death rate of 667 cases and 5,728 cases are cured (Dinkes Prov. Jatim, 2021). In working area of Tegalsari Health Centre there were about 671 confirmed case and the cured case reach 660 case and the death are 11 cases (Satgas Covid 19, 2021).

Transmission of Covid 19 virus occurs from person to person through respiratory droplets with a contact distance of about 2 meters or by touching an object that has been exposed to the virus and the sticks to the nose or mouth (Alvita et al , 202). Severe acute respiratory syndrome form coronavirus2 (SARSCoV-2) which spreads through aerosol in a closed environment, especially in a room with a humidity temperature regulated by air conditioning or in a room with closed ventilation. At this condition the virus will survive longer, which is 16 hours, and it make a higher risk of transmitting the virus(Carbone, Lednicky and Xiao, 2020). Population with poor immunity, such as elderly or people with renal failure or hepatic dysfunction, are at risk of being infected by covid -19 (Bela et al, 2021). The manifestation of this disease is range from asymptomatic or flu like syndrome to a life threatening complication since it is not only affected the respiratory tract only but also affected the digestive, nervous and cardiovascular system (Tali et al, 2021).

Family has an important role in preventing the transmission of the Covid-19 because family is the closest person who will providing support to each family member and family is the most appropriate one to promote a clean and healthy behavior (Alvita et al, 2021). Establishing the large scale social restriction as a policy to limit the people movement is the government's effort to break the chain of virus transmission (Media and Afriyani,2021) and the replaced by the new normal due to the development of the covid 19 virus is last for a long time and if there is no declining in the number of positive cases the government will ask the people to get back to their routine activity by implementing health protocol (Sriyanah and Riska, 2021). In the other hand, the prevention is consider as the best effort due to the massive transmission while the vaccination achievement

has not meet the government's target and it still continue to processing (Kundari et al. 2020). Motivation or patient's inner support in another important factor affecting the recovery time (Bau, 2019). The outbreak is also has an impact on changes in people's live pshyologically such as how they thinking and understanding the information of health and illness, emotional changes such as anxiety and physiological changes (Zalukhu and Rantung, 2020). An effort to keep balance between emotion and emotion is to seek a comprehensive understanding of oneself and others and to balance fear and acceptance of unsafe situations by responding positively (Rifani and Rahadi, 2021).

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MATERIALS AND METHOD

This is an observational study conducted with cross sectional design with quantitative approach, which the observation of the dependent variables and independent variables is carried out at the same time. The independents variables in this study consisted of BMI, history of co-morbidities, knowledge, family support and motivation to recover. While dependent variable is the healing time of Covid 19. The target population in this study are the residents affected by Covid 19 and recorded in Tegalsari Health Center data. Population in this study consisted 660 residents who had confirmed Covid 19 and 109 samples were taken with purposive sampling method by determining inclusion and exclusion criteria. There were about 109 respondents taking a part at this study by filling the questionnaire sheet. Bivariate analysis were carried out by chi square test and the multivariate analysis were conducted with logistic regression.

RESULTS

The results of calculation pf the characteristics of respondents affecting the recovery time of residents affected bu covid 19 can be seen in the master table at table 1.1.

Table 1.1 Respondets's Characteristic affecting recovery time of residents affected of Covid 19

Respondent's Characteristic		Frequency	Percentage
Gender	Female	58	53.2%
	Male	51	46.8%
	Total	109	100%
Blood type	A	41	37.6%
	O	31	28.4%
	B	26	23.8%
	AB	11	10.2%
	Total	109	100%
Age	46-65 years old	44	40.4%
	26-45 years old	63	57.8%
	12-25 years old	2	1.8%
	Total	109	100%
Occupation	Helath worker	29	26.6%
	Enterpreneur	63	57.8%
	Housewife	1	9%
	Farmer	5	4.6%
	Government employee	11	10.1%
	Total	109	100%

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Based on the table above it can be seen that 58 respondents (53,3%) are female, 41 respondents (37,6%) is having A Blood type, 63 respondents (57,8%) are 24- 45 years old and 63 (57,8%) respondents are working as an entrepreneurs and followed by the health workers for 26,6%.

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Statistical analysis of factors affecting the recovery time of residents affected by covid 19 are presented in the table 1.2

Table 1.2 Analisis Factors affecting the recovery time of people affected by Covid 19

Dependent Factors		Recovery time				Total	OR	P	
		More than 2 weeks		Less than 2 minggu					
		n	%	n	%				
Comorbid	Yes	3	2.7	8	7.3	11	10	0.802	0.728
	No	12	11.1	86	78.9	98	90		
	Total	15	13.8	94	86.2	109	100		
BMI	Underweight	1	0.9	9	8.3	10	9.2	0.483	0.498
	Normal	9	8.3	73	66.9	82	75.2		
	Overweight	3	2.7	11	10.2	14	12.8		
	Obesitas	1	0.9	2	1.8	3	2.7		
	Total	14	12.8	95	87.2	109	100		
Knowledge	Less	2	1.9	33	30.1	35	32.1	0.283	0.310
	Moderate	6	5.6	31	28.4	37	33.9		
	Good	6	5.6	31	28.4	37	33.9		
	Total	14	13.1	95	86.9	109	100		
Family Support	Low	3	2.7	3	2.7	6	5.5	4.006	0.017
	Mild	6	5.6	59	54.1	65	59.6		
	High	5	4.6	33	30.1	38	34.8		
	Total	14	12.9	95	87.1	109	100		
Anxiety	Very severe	7	6.4	44	40.4	51	46.7	1.052	0.401
	Severe	5	4.6	45	41.3	50	45.8		
	Mild	1	0.9	1	0.9	2	1.8		
	Normal	1	0.9	5	4.6	6	5.5		
	Total	14	12.8	95	87.2	109	100		
Motivation to recover	Moderate	14	12.8	78	71.6	92	84.4	4.522	0.085
	High	0	0	17	15.6	17	15.5		
	Total	14	12.8	95	87.2	109	100		

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According to the table 1.2 it can be concluded that the variable of family support is the most dominant factors among the others which are BMI, comorbid, knowledge, anxiety and motivation to recover. Based on logistic regression analysis, multiple coefficient values were obtained for each variable, the family support variable which has on OR value of 4,006 with p value of 0,017. Thus, among other variables, it can be concluded that the family support is the most dominant factor affecting recovery time of residents affected by covid 19.

DISCUSSION

1. The effect of comorbid to the recovery time of residents affected by covid 19
 Statistical analysis show that 78,9% respondents with no comorbid are recover within 14 days, while 7,3% respondent with comorbid are recover in more than 14 days and there were only 2,7% with history of comorbid are

recover in more than two days. While the p value of 0.728 higher than $\alpha = 0,05$. It can be conclude that there is no effect of comorbid to the recovery time of residents with covid 19. Covid 19 are known to be dangerous when it infected the elderly or those with comorbid. The comorbid can be dangerous and belong to those who are at high risk of infected with covid 19. Some of them are obesity, cardiovascular disease, hypertension, pulmonal disease, renal disease and the disease affecting the liver. Majority the death of covid 19 are realated to the patient who has history of cocmorbid (Armani, 2021). The sstudy conducted by Hikmawati and Setiyabudi found that the highest percentage of comorbid is hypertension. People with hypertension tend to has lower lymphocyte and it can make the prognosis became worst. Second highest comorbid is diabetes mellitus because the higher rate of blood glucose will affect on the increase of virus virulence, increase the riks of inflammation and people's immunity (Hikmawati and Setiyabudi, 2020). The manifestation fo cobid 19 are vary and so does the comorbid. When entering the hospital, the patients are reported to have one of hypertension, diabetes mellitus and another cardiovascular disease. One of those comorbid can increase the risk by 3.4 times for developing Acite Respiratory Distress Syndrome (ARDS).

Hypertension has close correlation with covid 19 where hypertension will aggravate the condition of the infection and even it bale to become the pathogenesis of Covid-19 virus infection. The virus will bind to angiotensin converting enzyme 2 (ACE2) contained in the lungs so that it is able to penetrate into the lung. In the other hand the used of ACE1 drugs and ARB's in order to control hypertension will increase the ACE2 (Gunawan, Prahasanti and Utama, 2020). People with hypertension and diabetes mellitus will face the condition where the expression of ACE2 reseptors are increased. People who used to consume these drugs, ACE inhibitor or angiotensin receptor blocker, are at risk for more severe Covid 19. While patients with cancer and chronic liver disease are associated with immunosuppressive reaction, due to decrease in the immune response will lead patient to a condition where they are at risk of being infected with Covid 19 (Susilo et al. 2020).

Basically the comorbid has no effect on the recovering of confirmed patients, but rather these co morbidities are at risk to become easily infected with the SARS- Cov-19 virus because people who are sick will have a decreased antibody formation and cytokine, and lowering the function of phagocytosis so that the body will susceptible to the infection due to low resistance to invading disease.

2. The effect of BMI to the recovery time of residents affected by covid 19
Statistical analysis results show that the patient with Covid 19 in the category of recovery time more than 14 dayas were both 0,9% for those who were underweight and obese and 8.3% with normal BMI. Meanwhile the one with recovery time less than 14 days was 66.9% for those with normal BMI, 8,3% for underweight and 10.2%for overweight and only 1,8% who were obese. The logistic regression results show p value of 0.498 is greater than $\alpha =$

0.05. It can be concluded that there is no effect between BMI and the recovery time of residents with Covid 19.

Increased BMI is one of the risk factors for increased blood pressure, metabolic syndrome, abnormal blood vessel wall thickness, endothelial dysfunction and left ventricular hypertrophy. Overweight and obesity are associated with changes in the structure of the heart and an increase in blood pressure (Mauliza, 2018). A circumstance where acute Covid 19 symptoms will last up to a month and continue with various symptoms can be categorized as long – Covid. These symptoms may involve the lungs and other parts of the body, possibly due to delayed resolution of symptoms. Long covid is also more likely to occur in women, elderly and the obese one (Mendelson et al, 2021).

²³ The elderly and people with comorbidities who exposed to the virus will experience worse complication and comorbidities associated with obesity has become a major health problem in hospitalized patient (Purwaningsih, 2021). Obesity can lead to cardiovascular disease and dyslipidemia. The dysfunction of liver marked by the increased in SGOT and SGPT as well as liver enlargement, will affect the condition of patients with covid 19.

A number of cohort studies have shown that obesity and severe Covid 19 and mortality are closely related. The risk of the need for invasive mechanical ventilation (IMV) in the French Intensive Care Unit (ICU) is about 7 times higher in patients with a BMI > 35kg/m² than patients with BMI < 25 kg/m², while the results of the study in the United States found that there was a relationship between BMI and the severity of COVID 19. Patients who had a BMI < 30 kg/m² had a lower risk of being admitted to the ICU than those with BMI of 30 – 34kg/m², which increased by 1,8 times and increased by 3,6 times in those who had a BMI of 35kg/m² (Thendiono, 2021). The main key in patients infected with the Covid -19 virus is the immunity. In people with obesity there is an imbalance of the immune system and an increase in markers of inflammation, therefore those who are obese often experience low grade chronic inflammation. Inflammation in fat tissue causes metabolic dysfunction that results in dyslipidemia (Sista, 2021).

Body mass index does not affect individual health status, only the tendency of those who have excess body fat is at risk of increasing levels of bad fats in the blood such as cholesterol, triglycerides or others, but does not rule out people with low BMI has the potential to experience the same thing. This condition is affected by food consumed daily, lifestyle and daily activities.

3. The effect of knowledge to the recovery time of residents affected by covid 19

¹⁷ Based on statistical analysis it was found that there was almost no significant difference between sufficient and good knowledge and the recovery time of patient with Covid 19, both with recovery times of more than 14 days or less than 14 days. On sufficient and good knowledge with healing time for more

than 14 days each obtained 5,6% while with recovery time less than 14 days it was obtained as many as 28.4% in those with good and sufficient knowledge. The gap only appear at the category of poor knowledge, which are 1,9% for long recovery and 30, 1% for shorter healing. The p value is 0,310 is greater than α 0,05. It can be concluded that there is no effect between knowledge and the recovery time of residents affected by covid 19. Recovery or adherence to the treatment for someone who get sick os onfluenced by strong knowledge and discipline in carrying out the prescribed treatment procedures. It because knowledge has positive relationship to the health behavior (sari and Aziz, 2019). Health behavior can be done by implementing some preventive action accompanied by fulfilling balance nutrition that will help to strengthening the immune system so that it can reduce the risk of chronic or other infectious disease and triggering the recovery process (Natalia, 2021).

¹² Based on the results of the study, it was found that a significant relationship between positive knowledge about Covid 19 had a good correlation in an effort to prevent viral transmission because it was able to trigger self awareness to carry out health protocols properly (Indra et al, 2020). However no similar research has been found regarding the relationship between knowledge and recovery time for patients diagnosed as positive for Covid – 19. The knowledge about the Covid-19 prevention in the community is essential during this time and it should include about the Covid-19 transmission, the virus characteristic, sign and symptoms as well as necessary checks to be carried out as well as the test needed to be carried out, the virus transmission process and the prevention as well. Good knowledge can be supported by acceptance of information circulating in the community about the Covid 19 virus (Suparyitno et al, 2020). It is hoped that the information obtained will be able to increase the patient's motivation to recover.

The recovery process of patient with Covid-19 is not only influenced by knowledge, but sometimes knowing many things about the disease will actually have an impact on the individual's psychological state as anxiety and fear. The negative information related to Covid-19 can also has an impact on negative thoughts wich will reduce the body immunity and have an impact on the recovery process of the disease. Therefore the people need to be smart to sort out correct and appropriate information and not be provoked by irresponsible news.

4. The effect of family support to the recovery time of residents affected by covid 19

Statistical analysis test show the results of 54,1% patient received moderate support with a recovery time of less than 14 days and 30,1 % with high support. For low support, both were found to be 2,7% for each category of recovery of less and more tha 14 days. The obtained p value is 0,0017 smaller than α = 0,05. It can be conclude that there is a relationship between family support and the healing time of residents affected by Covid 19.

Appropriate family support will greatly help patients to meet their needs when experiencing conditions that are felt to be down. The support provided will help the patient feel valued and give them confidence by removing the negative stigma, and it will speed up the recovery process. Support from closest one, both morally and materially, will help the Covid 19 survivors to stay strong and enthusiastic in living their days to get well soon (Rahmatina et al, 2021), family has a strong relationship with the health status of its members where the role and support of the family is very important for every aspect of health care members starting from strategies to the rehabilitation phase (Husnmi, Romadoni, and Rukiyati, 2012).

People who are sick really need support from their families. Because the family are able to motivate and provide the encouragement for the sick to always think positively about the prognosis of his illness and always obey the recommended treatment. Support is one of the factors that can strengthen a person to perform a good health behavior and prevent health threats (Soesanto, 2021). Family is the closest environment for the patients and therefore a strong relationship will be established among the members. It will affect each other both physically or psychologically. Family has a big role and responsibility for the health of themselves and all other family members (Kundari et al, 2020)

The presence of the family will provide a sense of security and happiness, motivation and self confidence. This kind of support will trigger the increase of dopamine. Besides, positive family support will provide a safe, comfortable and calming feeling due to the increasing of endorphine. If these happiness hormones are produced properly, it will improve the immunity and speed up the recovery process.

5. The effect of anxiety to the recovery time of residents affected by covid 19
From table 5.9 above it can be stated that respondents with very severe anxiety level were 44 respondents (40,4%); severe anxiety were 45 respondents (41,3%), moderate anxiety for 1 respondent and the rest was no anxiety with a long period of time. For category of recovery time more than a week, the anxiety level was vary range from very severe for 7 respondents (6.4%), severe anxiety for 5 respondents (4,6%) and moderate anxiety and normal both has 1 respondent (0,9%). The obtained p value is 0,401 greater than $\alpha = 0.05$ so it can be stated that there is no relationship between anxiety and recovery time of patients with Covid-19.

Anxiety is a feeling of fear of something happening caused by anticipation of danger and it is a signal caused by anticipation of danger and it helps individuals prepare to take against the threats. The impact of demands, competitions and disasters that occur in life can have an impact on physical and psychological health, anxiety is one of psychological impact (Sutejo, 2018). Objective anxiety occurs because of seeing or hearing something that is bad for her and neurotic anxiety is caused by instinct the five senses that cannot function properly. The patients will show a feeling of worried, have a bad

feeling, fear, anxiety, restlessness, fear of being alone, and death. And the psychophysiological symptoms that can be observed due to the anxiety that arise are excessive sweating, dizziness, short of breath, irritability and sadness (Riskavianti, 2014).

Mild anxiety is associated with tension in daily life which causes a person to be more alert and increases his perceptual space. The level of anxiety that is usually felt in carrying out daily activities and is still considered normal. Moderate anxiety levels make a person focus on things that are felt to be important to the exclusion of other aspects, so that a person enters a state of selective attention but can still do various things with more focus. The level of anxiety that makes yourself more focused on thinking about a problem at hand but still able to carry out other activities. Severe anxiety levels can cause a person to tend to decide on something more detailed, specific and unable to think about other things and will require a lot of direction in order to focus on another object. So that other activities can no longer be controlled and require a lot of direction in order to focus on other problems (Hurlock, 2013). Anxiety can have an impact on decreasing a person's desire and ability to speed up the patient's recovery. However, in this study it was explained that there was no effect between anxiety and the patient recovery time. The category of anxiety experienced by patients in this study, the most severe category of anxiety was 41,3%. Anxiety can lower the immune system as well as feeling of discomfort or worry, autonomic response whose sources are often non-specific or unknown or even unknown to the individual which could be one of the causes of patient's long recovery.

6. The effect of motivation to recover to the recovery time of residents affected by covid 19

Based in the table above it is known that most of the respondents with moderate recovery motivation were 78 respondents (71,6%), high motivation to recover were 17 people (15,6%) with less than two weeks of recovery time. Based on table 5.16 the p value of 0,85 is greater than 0.05 so a conclusion can be drawn that there is no effect between motivation to recover and the length of time for recovery of residents with Covid 19. Motivation is an aspect of human behavior or it can be stated that motivation is the behavior that can encourage someone to do something or not do anything. Motivation is the drive that an individual has that can stimulate them to be able to take actions or a basis or reason for a person to behave (Suparno, 2017). Motivation is an inner process or psychological process within the patients which is influenced by several factors, such as education level, past experience, wishes and hopes for the future (recovering). Individual perception of oneself; where a person is motivated or not to do something much depends on the cognitive process in the form of perception. A person's perception of himself will encourage and direct a person to act to speed up recovery time.

Recovery is a state where the individual is healthy or intact physically, mentally, and socially and not just a state that is free of disease, disability and weakness. As a condition of balance between physical, mental, social and

spiritual health status that allows the person to live independently and productively which requires treatment and care because both have the same role in revealing the disease (Hardhiyani, 2013). The level of motivation to recover is related to the three dimensions which are (1) having a positive attitude and behavior that shows a strong and optimistic attitude in dealing with recovery; (2) goal oriented achievement that directs individuals to achieve the desired goals, and (3) forces that encourage individuals are strength that come from within and form outside themselves that can encourage individuals to achieve goals.

Based on these results, it can be conclude that the majority of patients with moderate recovery motivation were 78 respondents (71,6%). This shows that there is motivation for the future. This expectation is objective information from the environment that affecting a person's subjective attitude and feeling so that motivation to recover become an encouragement (patients) that can results in individuals returning to normal or better condition after experiencing illness

CONCLUSION

The results of logistic regression analysis showed that with 95% CI the BMI factor variable showed $OR = 0.53$, blood type showed $OR = 0.776$, comorbidities showed $OR = 0,283$, family support showed $OR=4,006$, motivation to recover showed $OR = 4.552$ and anxiety showed $OR = 1.052$. Family support variable is the most dominant factors with p value of 0,017 compared to other variables BMI, blood type, comorbid, knowledge, anxiety and motivation to recover. Thus it can be concluded that the family support variable has the most dominant factors on the recovering time of residents with covid 19.

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