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Skripsi Maret 2025
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HUBUNGAN PERILAKU MEROKOK ORANG TUA DENGAN KEJADIAN ISPA DI PUSKESMAS LAUTEM

ABSTRAK

Latar Belakang: Infeksi Saluran Pernapasan Akut (ISPA) ialah masalah kesehatan utama pada balita jika infeksi terjadi di paru-paru dan penderitaan dapat mengalami komplikasi serius saluran pernapasan bagian bawah seperti laryngitis, bronchitis dan pneumonia di Timor Leste Keberadaan ISPA masih menjadi faktor penting yang secara signifikan memengaruhi angka kematian, bahkan lebih umum daripada penyakit TBC, dan menjadi penyakit pernapasan yang penting.

Tujuan Penelitian Penelitian bertujuan meneliti

korelasi antara tingkat kejadian ISPA salah satu penyebab utama kematian pada balita dengan resiko yang meningkat akibat redndahnya pengetahuan orang tua dan kebiasaan merokok di Puskesmas Lautem. **Metode Penelitian:** Penelitian ini menerapkan desain korelasional melalui pendekatan *cross-sectional* Subjek penelitian dipilih dengan metode *purposive sampling*, kebiasaan merokok perpeluang meningkatkan kejadian ipsa dengan jumlah populasi 1.136 penduduk diantaranya 106 orang tua yang mempunyai anak balita di wilayah kerja Puskesmas Lautem . Data dikumpulkan melalui kuesioner tentang demografi, perilaku merokok orang tua, dan kejadian ISPA. Hubungan antar variabel dianalisis dengan uji Spearman Rank. **Hasil Penelitian:** Hasil penelitian memperlihatkan adanya korelasi yang bermakna antara kebiasaan merokok orang tua dan tingginya kejadian ISPA pada anak-anak ($p = 0,040$). Mayoritas responden ialah laki-laki (82,4%) dengan pendidikan terakhir SD (38,8%), dan bekerja sebagai wiraswasta (40,0%). Kebanyakan responden merokok (78,82%), dan kejadian ISPA pada anak tergolong tinggi (85,9%), mengindikasikan adanya pengaruh lingkungan terhadap kesehatan pernapasan anak. **Kesimpulan:** Kesimpulan dari penelitian ialah perilaku merokok orang tua memiliki hubungan signifikan dengan kejadian ISPA pada anak. Implikasinya ialah pentingnya peningkatan edukasi kesehatan oleh tenaga kesehatan Puskesmas Lautem mengenai bahaya asap rokok dan promosi perilaku hidup sehat, khususnya mengenai larangan merokok di dalam rumah, guna menurunkan angka kejadian ISPA pada balita. **Saran:** Perawat perlu lebih proaktif dalam edukasi kesehatan, sementara responden disarankan berhenti merokok demi keluarga. Institusi pendidikan dapat memanfaatkan penelitian ini sebagai referensi, dan riset lanjutan sebaiknya mencakup lebih banyak responden untuk hasil yang lebih luas.

Kata Kunci: Perilaku Merokok, ISPA, Balita, Puskesmas, Timor Leste

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March 2025 Thesis
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**RELATIONSHIP BETWEEN PARENTAL SMOKING BEHAVIOR
AND ISPA INCIDENT AT LAUTEM HEALTH CENTER**

ABSTRACT

Background: Acute Respiratory Infection (ARI) is a health problem especially in toddlers, if the infection occurs in the lungs and suffering can experience complications of lower respiratory tract serirus such as laryngitis, bronchitis and pneumonia in Timor Leste, the presence of ARI is still a significant important factor affects mortality rates, even more common than tuberculosis, and becomes an important respiratory disease. **Research Objectives** Research aims at research the correlation between the incidence rate of ARI is one of the main causes of death in toddlers and the increased risk due to redundant parental knowledge and smoking habits at the Lautem Health Center. **Research Methods:** This research applying correlational design through a cross-sectional approach to the Subject the research was selected using the purposive sampling method, smoking habits had the opportunity to increase the incidence of ipsa with a population of 1,136 residents including 106 parents have children under five in the working area of the Lautem Health Center. Data collected through questionnaires on demographics, parental smoking behaviour and incidence ISPA. The relationship between variables was analyzed by the Spearman Rank test. **Results Research:** Research results show that there is a meaningful correlation between parental smoking habits and high incidence of ARI in children ($p = 0.040$). The majority of respondents were men (82.4%) with their last elementary school education (38.8%), and work as a selfemployed person (40.0%). Most respondents smoke (78.82%), and the incidence of ARI in children was high (85.9%), indicating there is an environmental influence on children's respiratory health. **Conclusion:** The conclusion of the research is that parents' smoking behavior is related significant with the incidence of ARI in children. The implication is important improved health education by Lautem Health Center health workers regarding the dangers of cigarette smoke and the promotion of healthy living behaviour, in particular regarding prohibition smoking in the house, in order to reduce the incidence of ARI in toddlers. **Advice:** Nurses need to be more proactive in health education, while respondents it is recommended to stop smoking for the sake of your family. Educational institutions can use this research as a reference, and further research is best includes more respondents for broader results.

Keywords: Smoking Behavior, ARI, Toddler, Community Health Center, Timor Lest