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FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN PNEUMONIA PADA BALITA DI WILAYAH KERJA PUSKESMAS KARANG REJO

ABSTRAK

Latar belakang: Pneumonia masih menjadi penyebab utama kesakitan dan kematian pada balita, terutama di wilayah dengan kondisi sosial dan lingkungan yang kurang mendukung. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan kejadian pneumonia pada balita di Wilayah Kerja Puskesmas Karang Rejo.
Metode: Desain penelitian menggunakan survei analitik dengan pendekatan cross sectional. Populasi penelitian adalah balita penderita pneumonia periode Januari – September 2025 sebanyak 98 orang, dengan teknik purposive sampling. Variabel independen meliputi riwayat ASI eksklusif, riwayat berat badan lahir rendah (BBLR), status imunisasi dasar, paparan asap rokok, dan lingkungan fisik rumah. Variabel dependen adalah kejadian keparahan pneumonia. Data dikumpulkan melalui kuesioner dan rekam medis, kemudian dianalisis menggunakan uji chi-square dengan α=0,05.
Hasil: penelitian menunjukkan terdapat hubungan yang signifikan antara riwayat ASI eksklusif (p=0,000), riwayat BBLR (p=0,002), status imunisasi dasar (p=0,000), paparan asap rokok (p=0,001), dan lingkungan fisik rumah (p=0,000) dengan kejadian pneumonia pada balita. Balita yang tidak mendapatkan ASI eksklusif, memiliki riwayat BBLR, imunisasi tidak lengkap, terpapar asap rokok, serta tinggal di lingkungan rumah yang kurang sehat cenderung mengalami pneumonia dengan derajat keparahan lebih berat.
Kesimpulan: penelitian ini menunjukkan bahwa faktor biologis, perilaku, dan lingkungan berperan penting terhadap kejadian pneumonia pada balita. Upaya pencegahan perlu difokuskan pada promosi ASI eksklusif, kelengkapan imunisasi, pengendalian asap rokok, serta perbaikan lingkungan rumah.
Kata kunci: pneumonia, balita, ASI, imunisasi, lingkungan.

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FACTORS ASSOCIATED WITH THE INCIDENCE OF PNEUMONIA AMONG TODDLERS IN THE WORKING AREA OF KARANG REJO PRIMARY HEALTH CENTRE

ABSTRACT

Background: Pneumonia remains a leading cause of morbidity and mortality among toddlers, particularly in areas with unfavourable social and environmental conditions. This study aimed to identify factors associated with the incidence of pneumonia among toddlers in the working area of Karang Rejo Primary Health Centre.
Method: The study employed an analytical survey design with a cross-sectional approach. The population consisted of 98 toddlers diagnosed with pneumonia from January to September 2025, and purposive sampling was applied. Independent variables included history of exclusive breastfeeding, history of low birth weight (LBW), basic immunisation status, exposure to cigarette smoke, and the physical home environment. The dependent variable was the incidence of pneumonia. Data were collected through questionnaires and medical records and analysed using the chi-square test with a significance level of $\alpha = 0.05$.
The results: showed significant associations between exclusive breastfeeding history ($p = 0.000$), history of LBW ($p = 0.002$), basic immunisation status ($p = 0.000$), exposure to cigarette smoke ($p = 0.001$), and the physical home environment ($p = 0.000$) with the incidence of pneumonia among toddlers. Toddlers who were not exclusively breastfed, had a history of LBW, incomplete immunisation, exposure to cigarette smoke, and lived in unhealthy home environments were more likely to experience pneumonia with greater severity.
Conclusion: biological, behavioural, and environmental factors play an important role in the incidence of pneumonia among toddlers. Preventive efforts should focus on promoting exclusive breastfeeding, ensuring complete immunisation, controlling exposure to cigarette smoke, and improving the home environment.
Keywords: pneumonia, toddlers, breastfeeding, immunisation, environment.