HUBUNGAN FAKTOR LINGKUNGAN DAN INDIVIDU TERHADAP GEJALA INFEKSI SALURAN PERNAPASAN AKUT (ISPA) PADA BALITA DI WILAYAH KERJA PUSKESMAS CINERE KOTA DEPOK TAHUN 2025

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Abstrak

Infeksi Saluran Pernapasan Akut (ISPA) merupakan salah satu penyebab utama gangguan kesehatan pada balita, terutama di wilayah padat penduduk seperti Puskesmas Cinere, Kota Depok. Angka kejadian ISPA mencapai 41,3% pada tahun 2024, menandakan bahwa penyakit ini masih menjadi masalah kesehatan yang serius. Penelitian ini bertujuan mengetahui hubungan antara faktor lingkungan dan individu dengan gejala ISPA pada balita usia 6–59 bulan. Desain penelitian menggunakan pendekatan *cross-sectional* dengan 122 responden, yaitu ibu yang memiliki balita usia 6–59 bulan. Sampel dipilih dengan teknik *accidental sampling* dari total populasi 8.421 balita. Pengumpulan data dilakukan melalui wawancara langsung dan kertas kuesioner, dianalisis menggunakan uji *chi-square*. Hasil menunjukkan 38,5% balita mengalami gejala ISPA. Faktor yang berhubungan signifikan adalah riwayat ASI eksklusif, status imunisasi, penggunaan obat nyamuk bakar, kepadatan hunian, pengetahuan ibu, dan status ekonomi. Faktor yang tidak signifikan meliputi usia, jenis kelamin, status gizi, paparan asap rokok, cuci tangan pakai sabun, dan pendidikan orang tua. Disarankan bagi ibu balita untuk menggunakan masker saat terpapar asap atau debu serta rutin menghadiri posyandu untuk meningkatkan pengetahuan pencegahan penyakit.

Kata Kunci: ASI Eksklusif, balita, imunisasi, ISPA, status ekonomi

ASSOCIATION OF ENVIRONMENTAL AND INDIVIDUAL FACTORS TOWARDS SYMPTOMS OF ACUTE RESPIRATORY TRACT INFECTIONS (ARI) IN TODDLERS IN THE WORKING AREA OF THE CINERE HEALTH CENTER, DEPOK CITY, 2025

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Abstract

Acute Respiratory Infections (ARI) are one of the leading causes of health problems among toddlers, especially in densely populated areas such as the Cinere Health Center, Depok City. The incidence rate of ARI reached 41.3% in 2024, indicating that this disease remains a significant public health issue. This study aims to examine the relationship between environmental and individual factors and ARI symptoms in children aged 6–59 months. The research used a cross-sectional design involving 122 respondents, namely mothers with toddlers aged 6–59 months. The sample was selected using accidental sampling from a total population of 8,421 toddlers. Data were collected through face-to-face interviews and paper-based questionnaires, then analyzed using the chi-square test. Results showed that 38.5% of toddlers experienced ARI symptoms. Factors significantly associated with ARI symptoms included a history of exclusive breastfeeding, immunization status, use of mosquito coils, housing density, maternal knowledge, and economic status. Meanwhile, age, gender, nutritional status, exposure to cigarette smoke, handwashing with soap, and parental education were not significantly associated. It is recommended that mothers of toddlers wear masks when exposed to smoke or dust and regularly attend posyandu (integrated health posts) to increase their knowledge of disease prevention.

Keyword : Exclusive breastfeeding, toddler, immunization, ARI economic status