

HUBUNGAN STATUS GIZI DENGAN KEJADIAN INFEKSI SALURAN PERNAPASAN AKUT (ISPA) PADA BALITA DI KELURAHAN KATUMBIRI

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Abstrak

ISPA menjadi salah satu penyebab utama kesakitan dan kematian pada balita di dunia, hampir empat juta kematian setiap tahun akibat penyakit ISPA, terutama di negara berpendapatan rendah hingga menengah. Status gizi balita diketahui berkaitan erat dengan kejadian ISPA, sebab kondisi gizi kurang dapat menurunkan fungsi sistem imun serta nafsu makan sehingga balita menjadi lebih rentan mengalami ISPA yang lebih berat dan berlangsung lama. Penelitian ini bertujuan untuk menganalisis hubungan status gizi dengan kejadian ISPA pada balita di Kelurahan Katumbiri. Desain penelitian menggunakan pendekatan kuantitatif dengan metode *cross sectional*, dilaksanakan di Kelurahan Katumbiri, Kecamatan Cigeulis, Kabupaten Pandeglang, sampel penelitian berjumlah 146 ibu yang memiliki balita usia 12-59 bulan yang dipilih menggunakan teknik *proportional sampling*, dengan analisis data univariat dan bivariat menggunakan uji *Chi-Square*. Hasil uji *Chi-Square* menunjukkan secara statistik nilai p-value sebesar $<0,008$ ($p<0,05$), yang berarti terdapat hubungan yang signifikan antara status gizi dengan kejadian ISPA pada balita, dengan nilai $OR=0,307$ yang menunjukkan bahwa status gizi normal bersifat protekti terhadap kejadian ISPA. Kesimpulan penelitian ini adalah status gizi balita berhubungan secara bermakna dengan kejadian ISPA, sehingga diperlukan upaya promotif dan preventif berupa edukasi gizi seimbang serta penguatan pemantauan pertumbuhan balita melalui program posyandu guna menurunkan angka kejadian ISPA.

Kata Kunci: Balita, ISPA, Status Gizi

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND THE INCIDENCE OF ACUTE RESPIRATORY INFECTIONS (ARI) IN TODDLERS IN KATUMBIRI VILLAGE

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Abstract

Acute respiratory infections (ARIs) are one of the leading causes of illness and death among infants and toddlers worldwide, with nearly four million deaths each year attributed to ARIs, particularly in low- and middle-income countries. The nutritional status of infants and toddlers is known to be closely linked to the incidence of ARIs, as malnutrition can impair immune system function and reduce appetite, making them more susceptible to severe and prolonged ARIs. This study aims to analyze the relationship between nutritional status and the incidence of ARI among infants in Katumbiri Village. The study design employed a quantitative approach using a cross-sectional method, conducted in Katumbiri Village, Cigeulis Subdistrict, Pandeglang Regency. The study sample consisted of 146 mothers with infants aged 12–59 months, selected using proportional sampling, with univariate and bivariate data analysis performed using the chi-square test. The results of the Chi-Square test showed a statistically significant p-value of <0.008 ($p<0.05$), indicating a significant association between nutritional status and the incidence of ARI among toddlers, with an OR of 0.307, suggesting that normal nutritional status has a protective effect against ARI. The conclusion of this study is that the nutritional status of toddlers is significantly associated with the incidence of ARI; therefore, promotive and preventive efforts in the form of education on balanced nutrition and strengthened monitoring of toddler growth through the posyandu program are needed to reduce the incidence rate.

Keywords: *ARI, Nutritional Status, Toddlers*