ANALISIS FAKTOR RISIKO LINGKUNGAN DENGAN KEJADIAN ISPA PADA BALITA STUNTING DI KECAMATAN DUKUN KABUPATEN MAGELANG

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ABSTRAK

Latar Belakang : Penyakit ISPA merupakan salah satu penyakit yang sering diderita oleh balita di Indonesia. Tanpa penanganan tepat, kondisi ini berisiko menghambat proses tumbuh kembang anak. Akibatnya, timbul hubungan timbal balik negatif antara malnutrisi dan infeksi.
Tujuan : menganalisis faktor risiko lingkungan yang berhubungan dengan kejadian ISPA pada balita stunting di Kecamatan Dukun.
Metode : Penelitian menggunakan desain Observasional analitik dengan pendekatan *case control study* (studi kasus-kontrol). Sampel penelitian ini berjumlah 60 responden yang terdiri dari 20 kelompok kasus dan 40 kelompok kontrol, data dianalisis menggunakan uji Chi-Square dan regresi logistik berganda
Hasil : Hasil analisis menunjukkan bahwa Kepadatan Hunian *p*=0,643; OR=0,658, Luas Ventilasi *p*=0,752; OR=1,476, ,Kebiasaan Membuka Jendela *p*=0,922; OR=1,256, dan Kebiasaan Kebersihan Diri *p*=0,624;OR= 0,706 tidak berhubungan signifikan dengan kejadian ISPA pada balita stunting. Sementara, Pencahayaan *p*=0,035;OR=0,246, Kelembaban *p*=0,008;OR=0,167, Kebiasaan Merokok *p*=0,004;OR=9,947, dan Kebiasaan Membakar Sampah *p*=0,022; OR=0,216 berhubungan signifikan dengan kejadian ISPA pada balita stunting. Hasil multivariat menunjukkan bahwa perilaku merokok merupakan faktor yang paling dominan yang berhubungan dengan kejadian ISPA pada balita stunting (p *value*= 0,032) dan tingkat kelembaban ruangan (OR=7,064), yang diikuti oleh kelembaban (OR=0,226).
Kesimpulan : Kebiasaan merokok dan kelembaban merupakan perilaku dan faktor lingkungan dominan yang memicu kejadian Infeksi Saluran Pernapasan Akut (ISPA) pada balita stunting. Oleh sebab itu, strategi pencegahan ISPA di Kecamatan Dukun dititikberatkan pada edukasi pembatasan paparan asap rokok dan optimalisasi ventilasi udara.
Kata kunci : faktor risiko, ISPA, stunting, lingkungan fisik

ENVIRONMENTAL RISK FACTORS ASSOCIATED WITH ACUTE RESPIRATORY INFECTION (ARI) IN STUNTED CHILDREN UNDER FIVE: A CASE STUDY IN DUKUN DISTRICT, MAGELANG

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ABSTRACT

Background: Acute Respiratory Infections (ARI) are among the most common illnesses affecting children under five in Indonesia. If not managed properly, this condition risks hindering a child's growth and development, creating a negative, self-reinforcing cycle between malnutrition and infection.
Objective: To analyze environmental risk factors associated with the incidence of ARI in stunted children under five in Dukun District.
Methods: This study employed an analytical observational design using a case-control approach. The sample consisted of 60 respondents, divided into 20 cases and 40 controls. Data were analyzed using the Chi-Square test and multiple logistic regression.
Results: The analysis indicated that housing density (p=0.643; OR=0.658), ventilation area (p=0.752; OR=1.476), the habit of opening windows (p=0.922; OR=1.256), and personal hygiene habits (p=0.624; OR=0.706) were not significantly associated with the incidence of ARI in stunted children under five. Conversely, lighting (p=0.035; OR=0.246), humidity (p=0.008; OR=0.167), smoking habits (p=0.004; OR=9.947), and the practice of burning trash (p=0.022; OR=0.216) showed a significant association with the incidence of ARI in this group. Multivariate analysis revealed that smoking behavior was the most dominant factor associated with the incidence of ARI in stunted children under five (p-value = 0.032), followed by indoor humidity levels (OR = 7.064).
Conclusion: Smoking habits and humidity are the dominant behavioral and environmental factors that trigger the occurrence of Acute Respiratory Infections (ARI) in stunted toddlers. Therefore, strategies for preventing ARI in Dukun District should focus on educating the public about limiting exposure to cigarette smoke and optimizing air ventilation.
Keywords: risk factors, ARI, stunting, physical environment