

Analisis Sosiodemografi dan Perilaku 3M Plus Terhadap Kejadian Demam Berdarah Dengue (DBD) Di Kecamatan Muara Wahau Kabupaten Kutai Timur

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ABSTRAK

Latar Belakang: Demam Berdarah Dengue (DBD) merupakan penyakit menular melalui vektor, yaitu nyamuk *Aedes Aegypti*. Data Dinas Kesehatan Pemerintah Kabupaten Kutai Timur menyebutkan, mulai Januari hingga pertengahan Februari 2022, sudah terdapat 223 kasus penderita gigitan nyamuk *Aedes Aegypti*, dengan kematian mencapai 9 pasien dan jumlahnya terus meningkat secara signifikan. Penelitian mengenai faktor-faktor yang memengaruhi kejadian Demam Berdarah Dengue (DBD) menjadi sangat relevan dalam upaya pencegahan dan pengendalian penyakit ini. Aspek yang perlu diperhatikan adalah pengaruh sosiodemografi (meliputi: usia, jenis kelamin, tingkat pendidikan, pekerjaan dan pendapatan keluarga) serta perilaku 3M Plus (menguras, menutup, dan mengubur, Plus Lain-Lain) terhadap risiko kejadian Demam Berdarah Dengue (DBD).

Metode: Penelitian ini menggunakan rancangan penelitian kasus kontrol (*case control*). Studi *case control* dengan jumlah sampel sebanyak 66 responden.

Hasil: Karakteristik sosiodemografi berdasarkan usia, dari 14 responden yang mengalami kejadian DBD sebanyak 2 responden berusia <30 tahun, 7 responden berusia 30-45 tahun, dan 5 responden berusia >45 tahun; berdasarkan jenis kelamin, dari 14 responden yang mengalami kejadian DBD sebanyak 6 responden merupakan laki-laki dan sebanyak 8 responden merupakan perempuan; berdasarkan tingkat pendidikan, dari 14 responden yang mengalami kejadian DBD sebanyak 4 responden merupakan tamatan SD, 8 responden merupakan tamatan SMP, dan 2 responden merupakan tamatan SMA; berdasarkan pekerjaan, dari 14 responden yang mengalami kejadian DBD sebanyak 3 responden bekerja sebagai karyawan swasta, 4 responden bekerja sebagai wiraswasta, dan 7 responden tidak memiliki pekerjaan; berdasarkan pendapatan keluarga, dari 14 responden yang mengalami kejadian DBD sebanyak 12 responden memiliki pendapatan keluarga < Rp. 3.515.324 dan sebanyak 2 responden memiliki pendapatan ≥ Rp. 3.515.324. Responden yang mengalami kejadian DBD karena tidak menjalankan perilaku 3M Plus sebanyak 14 responden.

Analisa: Hasil analisis penelitian sosiodemografi menunjukkan nilai *p-value* 1,000 (usia), 0,995 (jenis kelamin), 1,000 (pendidikan), 1,000 (pekerjaan), dan 0,994 (pendapatan keluarga) lebih besar dari nilai alpha 0,005 yang mengidentifikasikan bahwa tidak ada pengaruh yang signifikan dari karakteristik sosiodemografi terhadap kejadian DBD. Nilai *p-value* pada variabel perilaku 3M Plus adalah 0,003 lebih kecil dari nilai alpha 0,005 mengidentifikasikan bahwa ada pengaruh yang signifikan

terhadap kejadian DBD. **Kesimpulan:** Faktor sosiodemografi seperti usia, jenis kelamin, pendidikan, pekerjaan, dan pendapatan keluarga pada penelitian ini tidak berdampak secara signifikan terhadap kejadian DBD, sementara perilaku 3M Plus (Menguras, Menutup, Mengubur, Plus Lain-Lain) berdampak secara signifikan terhadap kejadian DBD di Kecamatan Muara Wahau Kabupaten Kutai Timur.

Kata Kunci: Analisis Karakteristik Sosiodemografi, Perilaku 3M Plus, Kejadian Demam Berdarah (DBD).



3M Plus Sociodemographic and Behavioral Analysis Towards Dengue Hemorrhagic Fever (DHF) Incidence in Sub-district Muara Wahau, East Kutai Regency

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ABSTRACT

Background: Dengue Hemorrhagic Fever (DHF) is a vector-borne disease, namely the *Aedes Aegypti* mosquito. Data from the East Kutai Regency Government Health Office stated that from January to mid-February 2022, there have been 223 cases of *Aedes Aegypti* mosquito bites, with 9 deaths and the number continues to increase significantly. Research on the factors that affect the incidence of Dengue Hemorrhagic Fever (DHF) is very relevant in efforts to prevent and control this disease. Aspects that need to be considered are the influence of sociodemographics (including: age, gender, education level, occupation and family income) and 3M Plus behavior (draining, closing, and burying, plus others) on the risk of Dengue Hemorrhagic Fever (DHF) events.

Methods: This study used a case control research design. A case control study with a sample of 66 respondents. **Results:** Sociodemographic characteristics based on age, out of 14 respondents who experienced dengue outbreaks, 2 respondents were <30 years old, 7 respondents were 30-45 years old, and 5 respondents were >45 years old; based on gender, out of 14 respondents who experienced dengue fever, 6 respondents were male and as many as 8 respondents were female; based on education level, out of 14 respondents who experienced dengue fever, 4 respondents were elementary school graduates, 8 respondents are junior high school graduates, and 2 respondents are high school graduates; based on occupation, of the 14 respondents who experienced dengue fever incidents, 3 respondents worked as private employees, 4 respondents worked as self-employed, and 7 respondents did not have jobs; Based on family income, of the 14 respondents who experienced dengue outbreaks, 12 respondents had a family income of < Rp. 3,515,324 and as many as 2 respondents had an income ≥ Rp. 3,515,324. Respondents who experienced dengue fever because they did not carry out 3M Plus behavior were 14 respondents. **Analysis:** The results of sociodemographic research analysis showed that the p-value values of 1,000 (age), 0.995 (gender), 1,000 (education), 1,000 (occupation), and 0.994 (family income) were greater than the alpha values of 0.005 which identified that there was no significant influence of sociodemographic characteristics on the incidence of dengue. The p-value of the 3M Plus behavioral variable is 0.003 smaller than the alpha value of 0.005 identifying that there is a significant influence on the incidence of dengue. **Conclusion:** Sociodemographic factors such as age, gender, education, occupation, and family income in this study did not have a significant impact on the incidence of dengue, while the behavior of 3M Plus (Draining,

Closing, Buriling, Plus Others) had a significant impact on the incidence of dengue in Muara Wahau District, East Kutai Regency.

Keywords: Sociodemographic Characteristics Analysis, 3M Plus Behavior, Dengue Fever (DHF) Incidence.

