

ABSTRAK

ANALISIS PERILAKU MEROKOK PADA ORANG TUA DENGAN PENGARUH KEJADIAN PNEUMONIA PADA ANAK DI RSUD KAIMANA

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Pneumonia merupakan salah satu penyebab utama morbiditas dan mortalitas pada anak di negara berkembang. Perilaku merokok dalam rumah tangga, termasuk jumlah perokok, konsumsi rokok, dan paparan asap rokok, menjadi faktor risiko utama yang meningkatkan kejadian pneumonia pada anak.

Metode: Penelitian ini menggunakan desain deskriptif analitik dengan pendekatan kuantitatif. Sampel terdiri dari 67 anak yang tinggal di rumah tangga dengan perilaku merokok, yang dipilih menggunakan teknik total sampling. Data dikumpulkan menggunakan kuesioner terstruktur mengenai karakteristik demografi, perilaku merokok, dan riwayat kesehatan anak. Analisis data dilakukan dengan uji Chi-Square untuk mengidentifikasi hubungan antara perilaku merokok dengan kejadian pneumonia.

Hasil: Hasil penelitian menunjukkan bahwa 67,9% anak terdiagnosis pneumonia, sementara 32,1% tidak. Sebanyak 78,6% anak terpapar asap rokok, dengan mayoritas rumah tangga memiliki satu perokok (66,1%), dan 46,4% perokok mengonsumsi 11–20 batang rokok per hari. Uji Chi-Square menunjukkan hubungan signifikan antara perilaku merokok dengan kejadian pneumonia ($p = 0,000$).

Diskusi: Perilaku merokok dalam rumah tangga, baik dalam jumlah perokok, konsumsi rokok per hari, maupun paparan asap rokok, berhubungan erat dengan peningkatan kejadian pneumonia. Upaya pencegahan seperti edukasi kepada orang tua, kebijakan rumah bebas asap rokok, peningkatan ventilasi, dan dukungan untuk berhenti merokok sangat penting untuk mengurangi risiko pneumonia pada anak. Paparan asap rokok meningkatkan risiko pneumonia pada anak melalui kandungan toksik seperti karbon monoksida dan formaldehida yang merusak saluran pernapasan. Anak-anak yang tinggal di lingkungan dengan ventilasi buruk (<10%) lebih rentan terhadap pneumonia.

Kata Kunci: Pneumonia Anak, Perilaku Merokok

ABSTRACT

ANALYSIS OF PARENTAL SMOKING BEHAVIOR AND ITS IMPACT ON PNEUMONIA INCIDENCE IN CHILDREN AT KAIMANA REGIONAL HOSPITAL

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ackground: Pneumonia is one of the leading causes of morbidity and mortality in children, especially in developing countries. Smoking behavior in households, including the number of smokers, cigarette consumption, and exposure to secondhand smoke, is a major risk factor for increased pneumonia incidence in children.

Methods: This study used a descriptive analytic design with a quantitative approach. The sample consisted of 67 children living in households with smoking behavior, selected using total sampling technique. Data were collected using a structured questionnaire covering demographic characteristics, smoking behavior, and children's health history. Data analysis was conducted using Chi-Square tests to identify the relationship between smoking behavior and the incidence of pneumonia.

Results: The study found that 67.9% of children were diagnosed with pneumonia, while 32.1% were not. A total of 78.6% of children were exposed to secondhand smoke, with the majority of households having one smoker (66.1%), and 46.4% of smokers consumed 11–20 cigarettes per day. The Chi-Square test showed a significant relationship between smoking behavior and pneumonia incidence ($p = 0.000$).

Discussion: Household smoking behavior, including the number of smokers, daily cigarette consumption, and exposure to secondhand smoke, is closely associated with an increased incidence of pneumonia in children. Preventive efforts, such as educating parents, implementing smoke-free home policies, improving ventilation, and providing support for smoking cessation, are crucial to reducing the risk of pneumonia in children. Exposure to secondhand smoke increases the risk of pneumonia due to toxic substances such as carbon monoxide and formaldehyde that damage the respiratory system. Children living in environments with poor ventilation (<10%) are more susceptible to pneumonia.

Keywords: Pneumonia in children, Smoking Behavior.