# INTISARI

**Latar Belakang:** Diare merupakan masalah global yang penting karena menyebabkan angka kesakitan dan kematian terutama di negara berkembang. Diare sebagai penyebab kematian kedua di Indonesia setelah ISPA, sementara laporan pemberian vitamin A sudah tinggi.

**Tujuan**: Penelitian ini bertujuan mengetahui hubungan pemberian vitamin A pada balita dengan kejadian diare.

**Metode**: Penelitian ini merupakan penelitian observasional analitik dengan rancangan kohor retrospektif (*historical cohort*) dan pendekatan kuantitatif. Dilakukan di Puskesmas Kamonji dan Puskesmas Pantoloan Kota Palu. Populasi adalah semua balita yang ada di Kota Palu dan sampelnya diambil dari balita yang berkunjung ke Puskesmas Kamonji dan Puskesmas Pantoloan dengan kriteriai inklusi dan kriteria eksklusi, besar sampel sebanyak 194 orang. Variabel bebas dalam penelitian ini adalah pemberian vitamin A pada balita, variabel terikat adalah kejadian diare pada balita dan variabel luar adalah status imunisasi, status gizi, jenis kelamin, umur, pendidikan ibu, dan status ekonomi. Data dianalisis dengan analisis univariabel, analisis bivariabel dengan uji statistik *chi square* ($X^2$) dan analisis multivariabel dengan uji regresi logistik.

**Hasil:** Cakupan pemberian vitamin A sesuai program di Kota Palu sebesar 68,8 persen dengan insiden diare pada balita di Kota Palu dalam kurun waktu Maret 2007-Februari 2008 yang berkunjung ke puskesmas sebesar 52,7 persen. Hasil analisis bivariabel dan multivariabel menunjukkan hubungan bermakna antara pemberian vitamin A dengan kejadian diare. Pemberian vitamin A yang tidak sesuai program 1,4 kali lebih besar menderita diare dibanding pemberian vitamin A sesuai program dengan nilai RR=1,4 (95%CI=1,09-1,74) dan $p$=0.01. Faktor risiko lain yang mempengaruhi kejadian diare adalah umur balita, jenis kelamin dan status gizi.

**Kesimpulan:** Pemberian vitamin A sesuai program mengurangi risiko kejadian diare pada balita di Kota Palu

**Kata kunci**: Vitamin A, diare, balita.

# ABSTRACT

**Background:** Diarrhea is an essential global problem because it causes high rates of morbidity and mortality in developing world. Fact says that diarrhea in Indonesia is believed as the second cause of death right after acute respiratory infection; meanwhile, the report of Vitamin A supplementation was high.
**Objective:** To study the relationship between Vitamin A supplementation for under-five and the incidence of diarrhea.
**Method**: This was an analytic observational study with a retrospective cohort (*historical cohort*) study design and a quantitative approach. The study was carried out in Kamonji and Pantoloan community health centers (CHCs) of Palu municipality. Population was all under-five children in Palu and 194 samples were selected from the under-five visiting those two CHCs who met the inclusion and exclusion criteria. The independent variable was Vitamin A supplementation for under-five, the dependent variable was the incidence of diarrhea in under-five, and the extraneous variables were immunization status, nutritional status, sex, age, maternal education, and economy status. Data were analyzed with univariable analysis, bivariable analysis using chi-square test ($X^2$) and multivariable analysis using logistic regression test.
**Results:** The coverage of Vitamin A supplementation in accordance with the program in Palu municipality was 68.8% and the incidence of diarrhea among under-five children in Palu from March 2007 to February 2008, according to those who were admitted to community health center, was 52.7%. The results of bivariable and multivariable analyses showed that there was a significant relationship between Vitamin A supplementation and the incidence of diarrhea. Vitamin A supplementation which was not in accordance with the program was likely to be 1,4 times greater to present diarrhea than that which was in accordance with the program RR=1.4 (95%CI=1.09-1.74) and p=0.01. Other risk factors affecting the incidence of diarrhea were under-five children's age, sex and nutritional status.
**Conclusion**: Vitamin A supplementation which was in accordance with the program could likely reduce the incidence of diarrhea among under-five children in Palu municipality

**Keywords:** Vitamin A, diarrhea, under-five children