

ABSTRAK

Latar Belakang: Infeksi saluran pernapasan akut (ISPA) khususnya pneumonia masih menjadi penyebab utama kematian balita di dunia. Pneumonia di Indonesia masih menduduki peringkat kedua sebagai penyebab kematian bayi dan balita. Meskipun sudah dilakukan upaya penanggulangan, tetapi kasus pneumonia masih tinggi. Secara teoritis, pemberian ASI eksklusif dan imunisasi dasar lengkap merupakan faktor yang mempengaruhi kejadian pneumonia balita, ASI eksklusif adalah asupan terbaik bagi bayi, memiliki peranan penting memberikan imunitas serta proses tumbuh kembang anak secara optimal. Sedangkan peran imunisasi dasar dianggap akan memberikan imunitas tambahan mencegah penyakit infeksi termasuk pneumonia.

Tujuan: Membuktikan pentingnya peranan faktor risiko riwayat pemberian ASI eksklusif dan status imunisasi dasar lengkap dalam rangka menurunkan kejadian pneumonia pada anak balita.

Metode: Penelitian ini merupakan jenis penelitian kuantitatif menggunakan rancangan *case control study*. Penelitian dilakukan pada 176 balita terdiri dari 88 kasus dan 88 kontrol. pengambilan sampel dilakukan dengan metode *consecutive sampling*. Analisis hasil penelitian secara bivariabel menggunakan *chi square* dan analisis multivariabel menggunakan *regresi logistik*.

Hasil: Setelah dilakukan analisis bivariabel dan multivariabel, ditemukan adanya hubungan antara ASI Eksklusif dengan kejadian pneumonia pada balita (OR=7,95; 95% CI=3,52-17,94; p=0,00), terdapat hubungan antara status imunisasi dasar dengan pneumonia pada balita (OR=4,47; 95% CI=2,22-8,99; p=0,00), selain itu juga ditemukan variabel lain yang berhubungan dengan kejadian pneumonia pada balita yaitu pencemaran udara dalam rumah (OR = 7,12; 95% CI=3,03-16,70; p=0,00), riwayat BBLR (OR=3,27; 95% CI=1,19-8,92; p=0,01), dan status gizi (*Zscore* BB/TB) sebagai parameter *wasting* (OR=2,77; 95% CI=1,06-7,17; p=0,02). Sedangkan variabel status gizi (*Zscore* TB/U), usia balita, jenis kelamin, dan pendidikan ibu menghasilkan *p value*>0,05, yang berarti tidak memiliki hubungan yang bermakna dengan kejadian pneumonia pada balita.

Kesimpulan: Pemberian ASI eksklusif, imunisasi dasar, pencemaran udara dalam rumah, riwayat BBLR, dan status gizi (BB/TB) merupakan faktor risiko yang berhubungan dengan kejadian pneumonia pada balita. ASI eksklusif menjadi faktor dominan terhadap kejadian pneumonia pada balita. Jenis kelamin anak menjadi efek modifikasi dalam hubungan ASI eksklusif terhadap kejadian pneumonia pada balita. Perlu adanya peningkatan dan inovasi promosi kesehatan terkait pemberian ASI eksklusif 0-6 bulan, imunisasi dasar dan bahaya merokok dalam rumah serta asap rumah tangga lain sebagai penyebab pencemaran udara dalam rumah.

Kata Kunci: Pneumonia, balita, faktor risiko, ASI eksklusif, imunisasi dasar.

ABSTRACT

background: Acute respiratory infections (ARI), especially pneumonia, are still the main cause of infant mortality in the world. Pneumonia in Indonesia is still the second-ranked as the cause of infant and toddler deaths. Although Efforts have been handling, pneumonia cases are still high. Theoretically, exclusive breastfeeding and complete basic immunization are factors that influence the incidence of child pneumonia, exclusive breastfeeding is the best intake for infants, has an important role to provide immunity and the process of optimal child growth. While the role of basic immunization is Considered to provide additional immunity to Prevent infectious diseases Including pneumonia.

Objective: to prove the importance of exclusive breastfeeding and complete basic immunization status in order to reduce the incidence of pneumonia in children under five years

method: This research is a type of *quantitative research* using a *case-control* study design. . The research sample was conducted on 176 toddlers consisting of 88 cases and 88 controls. Sample calculation used *consecutive sampling* method. Bivariate analysis used *chi-square* statistical test and multivariate analysis used logistic regression.

results: After bivariat and multivariat analysis, it was found that there was a significant relationship between exclusive breastfeeding and the incidence of pneumonia in infants (OR = 7,95; CI 95% = 3,52-17,94; p = 0,00), there was a significant relationship between the basic immunization status with child pneumonia (OR = 4,47; CI 95% = 2,22-8,99; p = 0.00), besides that, other variables that were also found were associated with the incidence of child pneumonia are indoor air pollution (OR = 7,12; CI 95% = 3,03-16,70; p = 0,00), history of low birth weight (OR = 3,27; CI 95% = 1,19-8,92; p = 0,01), and nutritional status (WHZscore) as wasting parameters (OR = 2,77; CI 95% = 1,06 – 7,17; p = 0,02). While the variable nutritional status (HAZscore) as stunting parameters, of toddler age, gender, and mother's education have p *value* > 0,05.

Conclusion: Exclusive breastfeeding, basic immunization status, indoor air pollution, a history of low birth weight, and nutritional status (WHZscore) are risk factors associated with the incidence of child pneumonia. Exclusive breastfeeding is the dominant factor in the incidence of child pneumonia. Sex of the child is an effect of modification in the relationship of exclusive breastfeeding on the incidence of child pneumonia. There needs to be an increase in promotion of exclusive breastfeeding for infants 0-6 months and health promotion about the dangers of smoking in the home, as well as the smoke and other households as contributors to indoor air pollution.

Keywords: Pneumonia, child, risk factors, exclusive breastfeeding, basic immunization.