

ABSTRAK

Atika Rahmadhani Putri. Hubungan Kebiasaan Merokok Dan Asupan Vitamin C Dengan Kejadian Infeksi Saluran Pernafasan Akut (ISPA) Di Wilayah Kerja Puskesmas Mayor Umar Damanik Kota Tanjungbalai. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan.

Infeksi Saluran Pernafasan Akut (ISPA) adalah penyakit gangguan saluran pernafasan yang sering menyerang orang-orang yang lebih rentan terhadap berbagai infeksi yaitu orang lanjut usia dikarenakan terjadinya proses menua serta perubahan sistem kekebalan tubuh yang tidak efektif yang diakibatkan oleh adanya bakteri dan virus. Perilaku merokok dan paparan asap rokok adalah salah satu faktor resiko yang memiliki dampak negatif pada struktur dan fungsi saluran pernafasan yang beresiko meningkatkan gangguan pernafasan. Vitamin C adalah vitamin yang memiliki peran penting dalam peningkatan sistem kekebalan tubuh dengan memerangi kerusakan akibat radikal bebas untuk melawan penyakit dan infeksi virus. Berdasarkan observasi data kunjungan pasien pralansia di puskesmas sebanyak 117 orang, tertinggi dengan keluhan ISPA sebanyak 38 orang dengan persentase kasus sebesar 32%. Penelitian ini dilakukan untuk mengetahui hubungan kebiasaan merokok dan asupan vitamin C dengan kejadian infeksi saluran pernafasan akut (ISPA) di wilayah kerja puskesmas Mayor Umar Damanik kota Tanjungbalai.

Studi ini dilakukan di wilayah kerja Puskesmas Mayor Umar Damanik Kota Tanjungbalai. Desain penelitian ini menggunakan pendekatan *cross sectional*. Teknik sampling dilakukan dengan cara *purposive sampling*, dengan jumlah 56 orang pralansia. Teknik pengumpulan data menggunakan formulir Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) dan kuesioner kebiasaan merokok. Analisis bivariate menggunakan uji chi-square dan analisis multivariate menggunakan analisis regresi logistik.

Hasil analisis univariat menunjukkan bahwa kebiasaan merokok responden termasuk kedalam kategori Ya (perokok aktif) dan terpapar asap rokok (pasif) sebesar 78,6%. Asupan vitamin C responden termasuk kategori kurang yaitu 59 %. Hasil analisis bivariate menunjukkan terdapat hubungan yang antara kebiasaan merokok dengan kejadian Infeksi Saluran Pernafasan Akut (ISPA) ($p=0,004$) dan terdapat hubungan antara asupan vitamin C dengan kejadian Infeksi Saluran Pernafasan Akut (ISPA) ($p=0,001$). Analisis multivariate menunjukkan terdapat hubungan antara kebiasaan merokok dan asupan vitamin C dengan kejadian Infeksi Saluran Pernafasan Akut (ISPA) ($p=0,000$).

Kata kunci: Kebiasaan merokok, asupan vitamin C, Infeksi Saluran Pernafasan Akut (ISPA).

ABSTRACT

Atika Rahmadhani Putri. The Relationship between Smoking Habits and Vitamin C Intake and the Incidence of Acute Respiratory Tract Infections (ISPA) in the Working Area of the Mayor Umar Damanik Health Center, Tanjungbalai City. Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University.

Acute Respiratory Tract Infection (ARI) is a respiratory tract disorder disease that often attacks people who are more susceptible to various infections, namely the elderly due to the aging process and ineffective changes in the immune system caused by the presence of bacteria and viruses. Smoking behavior and exposure to cigarette smoke are one of the risk factors that have a negative impact on the structure and function of the respiratory tract which is at risk of increasing respiratory distress. Vitamin C is a vitamin that has an important role in boosting the immune system by fighting free radical damage to fight diseases and viral infections. Based on the observation of data on visits by pre-elderly patients at the health center as many as 117 people, the highest with ISPA complaints as many as 38 people with a percentage of cases of 32%. This study was conducted to determine the relationship between smoking habits and vitamin c intake and the incidence of ductal infections

This research was conducted in the work area of the Mayor Umar Damanik Health Center, Tanjungbalai. The design of this study uses a cross sectional approach. The sampling technique was carried out by purposive sampling, with a total of 56 elderly people. The data collection technique used the Semi Quantitative Food Frequency Questionnaire (SQ-FFQ) form and a smoking habit questionnaire. Bivariate analysis used the chi-square test and multivariate analysis used logistic regression analysis.

The results of univariate analysis showed that the smoking habits of the respondents were included in the category of Yes (smokers (active) and exposed to cigarette smoke (passive)) by 78.6%. The vitamin C intake of respondents was in the poor category, namely 59%. The results of bivariate analysis showed that there was a relationship between smoking habits and the incidence of Acute Respiratory Tract Infections (ISPA) ($p=0.004$) and there was a relationship between vitamin C intake and the incidence of Acute Respiratory Tract Infections (ISPA) ($p=0.001$). Multivariate analysis showed that there was a relationship between smoking habits and vitamin C intake and the incidence of Acute Respiratory Tract Infection (ISPA) ($p=0.000$).

Keywords: Smoking habits, vitamin C intake, Acute Respiratory Tract Infections (ARI).