

## Faktor Lingkungan Fisik dan Perilaku terhadap Kejadian Penyakit Infeksi Saluran Pernapasan Akut pada Santri di Pondok Pesantren 'X' Khusus Laki-Laki

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### Abstrak

Kondisi kamar asrama pesantren dapat memicu timbulnya berbagai agen penyebab penyakit ISPA. Penelitian ini bertujuan untuk menganalisis faktor lingkungan dan perilaku yang berhubungan dengan kejadian ISPA pada santri di Pondok Pesantren 'X' yang berlokasi di Provinsi Jawa Timur menggunakan desain studi cross sectional. Sebanyak 90 santri sebagai sampel penelitian dipilih sesuai kriteria inklusi yaitu bertempat tinggal minimal enam bulan di kamar asrama dan kriteria eksklusi yaitu sedang mengalami penyakit pernapasan tuberculosis (TBC). Pengumpulan data dilakukan menggunakan kuesioner Penyakit Berbasis Lingkungan dengan delapan pertanyaan terkait kejadian ISPA, kondisi lingkungan kamar asrama (kelembaban, luas ventilasi, kepadatan hunian) dan perilaku (mencuci tangan, olahraga, konsumsi vitamin C) yang diisi oleh para santri dibawah bimbingan guru yang telah diberikan arahan terkait pengisian kuesioner. Hasil penelitian menunjukkan sebanyak 43,3% santri di Pondok Pesantren 'X' mengalami ISPA, seluruh kamar asrama dalam kondisi yang tidak memenuhi syarat, dan mayoritas santri telah menerapkan perilaku hidup bersih dan sehat dalam pencegahan ISPA dengan baik. Secara statistik, ditemukan adanya hubungan signifikan pada perilaku olahraga teratur terhadap kejadian ISPA ( $p=0,017$ ), sementara kepadatan hunian, kelembaban, perilaku mencuci tangan dengan air dan sabun, dan perilaku konsumsi vitamin C tidak memiliki hubungan yang signifikan terhadap kejadian ISPA.

The condition of boarding school dorm rooms can trigger the emergence of various agents that cause ARI disease. This study aims to analyze environmental and behavioral factors related to the incidence of ARI among students at Pondok Pesantren 'X' located in East Java Province using a cross sectional study design. A total of 90 students as the research sample were selected according to the inclusion criteria, namely residing for at least six months in a dormitory room and the exclusion criteria being experiencing tuberculosis (TB) respiratory disease. Data was collected using an Environment-Based Diseases questionnaire with eight questions related to the incidence of ARI, dorm room environmental conditions (humidity, ventilation area, occupancy density) and behavior (hand washing, exercise, vitamin C consumption) which were filled out by the students under the guidance of a teacher who had been trained. given directions regarding filling out the questionnaire. The results showed that as many as 43.3% of students at Pondok Pesantren 'X' experienced ARI, all dorm rooms were in conditions that did not meet the requirements, and the majority of students had implemented clean and healthy living behavior in preventing ARI properly. Statistically, it was found that there was a significant relationship between regular exercise behavior and the incidence of ARI ( $p=0.017$ ), while occupancy density, humidity, hand washing behavior with water and soap, and vitamin C consumption behavior did not have a significant relationship with the incidence of ARI.