

ABSTRAK

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PENGARUH FAKTOR PHBS DAN LINGKUNGAN FISIK RUMAH
TERHADAP KEJADIAN TUBERKULOSIS PARU (Studi di Wilayah Kerja
Puskesmas Gapura Kabupaten Sumenep Tahun 2025)

xv + 83 Halaman + 12 Tabel + 10 Lampiran

Puskesmas Gapura mencatat 85 kasus Tuberkulosis Paru pada tahun 2023 dan 79 kasus aktif pada tahun 2024. Sebanyak 71,8% dari 78 penderita kurang menerapkan perilaku hidup bersih dan sehat (PHBS), terutama dalam kebiasaan mencuci tangan pakai sabun. Selain itu, 73,1% penderita tinggal di lingkungan fisik rumah yang tidak memenuhi syarat, seperti kelembaban di bawah 40%. Penelitian ini bertujuan untuk menganalisis pengaruh PHBS dan lingkungan fisik rumah terhadap kejadian Tuberkulosis Paru di wilayah kerja Puskesmas Gapura, Kabupaten Sumenep.

Penelitian ini menggunakan desain observasional analitik dengan pendekatan case-control. Populasi penderita tuberkulosis paru terdiri dari 63 orang pada tahun 2024. Sampel berjumlah 78 orang melalui teknik simple random sampling. Variabel bebas meliputi PHBS dan lingkungan fisik rumah, sedangkan variabel terikat adalah kejadian Tuberkulosis Paru. Data dikumpulkan melalui wawancara, observasi, dan pengukuran langsung kondisi rumah dan dianalisis menggunakan uji Chi-Square.

Hasil penelitian didapatkan sebagian besar penderita tuberkulosis paru memiliki PHBS yang kurang dalam kebiasaan mencuci tangan pakai sabun dan kebiasaan merokok dengan hasil uji statistik ($p\text{-value} = 0,044$). Sebagian besar penderita tuberkulosis paru tinggal di lingkungan fisik rumah yang tidak memenuhi syarat pada kelembaban dan pencahayaan dengan hasil uji statistik ($p\text{-value} = 0,022$).

Perlu melakukan edukasi secara berkala mengenai pentingnya PHBS dan menjaga lingkungan fisik rumah, serta melakukan pelatihan kader kesehatan tentang pendekatan komunikasi yang memotivasi agar mampu menyampaikan informasi PHBS dan lingkungan fisik rumah secara personal dan membangun kesadaran individu secara berkelanjutan.

Kata Kunci : Tuberkulosis Paru, Perilaku Hidup Bersih dan Sehat (PHBS),
Lingkungan Fisik Rumah.

ABSTRACT

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THE EFFECT OF PHBS FACTORS AND HOME PHYSICAL ENVIRONMENT ON THE INCIDENCE OF PULMONARY TUBERCULOSIS PARU (A Study in the Working Area of Puskesmas Gapura, Sumenep Regency, 2025)

xv + 83 Pages + 12 Tables + 10 Appendices

Gapura Public Health Center recorded 85 cases of pulmonary tuberculosis in 2023 and 79 active cases in 2024. A total of 71.8% of 78 patient had poor implementation of clean and healthy living behavior (PHBS), particularly in the habit of washing hands with soap. In addition, 73.1% of patient lived in residential environments that did not meet health standards, such as having humidity levels below 40%. This study aimed to analyze the influence of PHBS and the physical environment of the home on the incidence of pulmonary tuberculosis in the working area of Gapura Public Health Center, Sumenep Regency.

This study employed an observational analytic design with a case-control approach. The population of pulmonary tuberculosis patients consisted of 63 individuals in 2024. The total sample was 78 people selected using simple random sampling. The independent variables included PHBS and the physical environment of the home, while the dependent variable was the incidence of pulmonary tuberculosis. Data were collected through interviews, observations, and direct measurements of home conditions, and were analyzed using the Chi-Square test.

The results of the study showed that most pulmonary tuberculosis patients had poor Clean and Healthy Living Behavior (PHBS), particularly in the habits of washing hands with soap and smoking, with a statistical test result (p -value = 0.044). Most pulmonary tuberculosis patients lived in physical home environments that did not meet the requirements in terms of humidity and lighting, with a statistical test result (p -value = 0.022).

It is necessary to conduct regular education on the importance of PHBS and maintaining a healthy home environment, as well as training health cadres in motivational communication approaches so they can convey information about PHBS and the home environment personally and build long-term individual awareness.

Keywords : Pulmonary Tuberculosis, Clean and Healthy Living Behavior, Physical Home Environment.