ABSTRAK

Muhammad Fajar Wirra Irfani
PERILAKU ETIKA BATUK PADA PENDERITA TUBERKOLOSIS PARU DI PUSKESMAS TUBAN
xi + 76 + 5 Tabel + 13 Lampiran

Tuberkulosis (TB) paru merupakan penyakit menular yang disebabkan oleh Mycobacterium tuberculosis dan menyebar melalui droplet saat penderita batuk atau bersin. Di Puskesmas Tuban, penderita TB paru berjumlah 58 orang pada tahun 2026. Etika batuk merupakan salah satu upaya pencegahan penularan yang penting, namun penerapannya dipengaruhi oleh karakteristik penderita seperti pendidikan, usia, dan jenis kelamin. Penelitian ini bertujuan mengetahui gambaran perilaku etika batuk pada penderita TB paru di Puskesmas Tuban berdasarkan karakteristik tersebut.

Desain penelitian deskriptif dengan pendekatan kuantitatif. Populasi dan sampel adalah seluruh penderita TB paru di Puskesmas Tuban sebanyak 58 orang (total sampling). Data dikumpulkan menggunakan kuesioner checklist 10 item yang mencakup aspek menutup mulut, penggunaan masker, pembuangan dahak, dan kebersihan tangan. Data dianalisis secara univariat dan disajikan dalam distribusi frekuensi serta tabulasi silang.

Berdasarkan hasil penelitian hampir setengahnya (31,0%) penderita berpendidikan SMP, dan hampir seluruhnya (87,9%) berusia 20–59 tahun, dan juga sebagian besar (55,2%) berjenis kelamin perempuan. Hasil penelitian menunjukan sebagian besar (74,1%) penderita memiliki perilaku etika batuk yang baik. Dan hasil tabulasi silang menunjukkan bahwa hampir seluruh (90,9%) penderita berpendidikan SD dan seluruh (100%) penderita tidak sekolah memiliki etika batuk kurang. Dari hasil penelitian penderita usia produktif hampir seluruhnya (80,4%) berperilaku baik, sedangkan sebagian besar (66,7%) lansia berperilaku kurang. Dan juga sebagian besar (75,0%) penderita dengan etika batuk baik berjenis kelamin perempuan.

Perilaku etika batuk dipengaruhi oleh tingkat pendidikan, usia, dan jenis kelamin. Pendidikan rendah berkorelasi dengan kurangnya pemahaman tentang pencegahan TB. Kelompok lansia memerlukan pendekatan edukasi yang lebih personal. Perempuan cenderung lebih patuh dalam menerapkan perilaku pencegahan. Diperlukan edukasi berkelanjutan melalui pendekatan adaptif khususnya bagi penderita berpendidikan rendah dan lansia.

Kata Kunci : Etika Batuk, Tuberkulosis Paru, Perilaku Kesehatan, Pendidikan, Usia, Jenis Kelamin
Daftarbacaan : 61 Sumber, terdiri dari 56 jurnal dan 5 buku (2013 - 2025)

ABSTRACT

Muhammad Fajar Wirra Irfani
COUGH ETIQUETTE BEHAVIOR AMONG PULMONARY TUBERCULOSIS PATIENTS AT TUBAN PUBLIC HEALTH CENTER
xi + 76 + 5 tables + 13 appendices

Pulmonary tuberculosis (TB) is a contagious disease caused by Mycobacterium tuberculosis, transmitted through droplets when patients cough or sneeze. At Tuban Public Health Center, 58 TB patients were recorded in 2026. Cough etiquette is a critical preventive measure; however, its practice is influenced by patient characteristics such as education level, age, and sex. This study aimed to describe cough etiquette behavior among pulmonary TB patients at Tuban Public Health Center based on those characteristics.

A descriptive quantitative research design was used. The population and sample consisted of all 58 pulmonary TB patients at Tuban Public Health Center (total sampling). Data were collected using a 10-item checklist questionnaire covering mouth covering, mask use, sputum disposal, and hand hygiene. Data were analyzed using univariate analysis and presented as frequency distributions and cross-tabulations.

Nearly half (31.0%) of patients had completed junior high school, almost all (87.9%) were aged 20–59 years, and the majority (55.2%) were female. Most patients (74.1%) demonstrated good cough etiquette behavior. Cross-tabulation revealed that nearly all (90.9%) patients with primary school education and all (100%) uneducated patients showed poor cough etiquette. Productive-age patients (80.4%) were more likely to display good behavior, while the majority (66.7%) of elderly patients showed poor behavior. Most (75.0%) patients with good cough etiquette were female.

Cough etiquette behavior was influenced by education level, age, and sex. Low education correlated with limited understanding of TB prevention. Elderly patients require more personalized educational approaches. Female patients tended to be more adherent to preventive behaviors. Sustained health education through adaptive strategies, particularly targeting low-educated and elderly patients, is recommended to reduce TB transmission risk.

Keywords : Cough Etiquette, Pulmonary Tuberculosis, Health Behavior, Education, Age, Sex
References : 61 sources, consisting of 56 journals and 5 books (2013-2025)