ABSTRAK

Tafrihatul Fuadia
PAPARAN ASAP ROKOK DILINGKUNGAN RUMAH PADA BALITA PNEUMONIA DI PUSKESMAS TUBAN
xv + 78 Halaman + 6 Tabel + 12 Lampiran

Tingginya angka kesakitan (morbiditas) dan kematian (mortalitas) pada anak balita salah satunya disebabkan oleh pneumonia, di mana asap rokok di lingkungan rumah menjadi salah satu faktor lingkungan yang berpengaruh terhadap kesehatan saluran pernapasan. Kondisi kesehatan respirasi balita ini sangat rentan terhadap faktor eksternal, termasuk polusi asap rokok di area tempat tinggal. Paparan sekunder dari anggota keluarga yang merokok memaksa anak menjadi perokok pasif yang rentan menghirup bermacam-macam polutan toksik. Studi ini dirancang untuk menganalisis gambaran paparan asap rokok pada lingkungan balita pneumonia yang berobat di Puskesmas Tuban.

Pendekatan deskriptif dipilih sebagai desain dalam penelitian ini. Lingkup populasi sasarannya adalah seluruh pasien balita dengan diagnosis pneumonia di Puskesmas Tuban, Kabupaten Tuban, yang berjumlah 57 anak. Melalui teknik *convenience sampling* yang dihitung menggunakan formula Slovin, diperoleh sampel sebanyak 50 responden. Data dikumpulkan memakai kuesioner khusus yang memuat 7 butir pertanyaan terkait tingkat paparan asap rokok. Selanjutnya, data diolah melalui analisis univariat dan disajikan secara visual dalam bentuk tabel distribusi frekuensi.

Hasil penelitian menunjukkan bahwa sebagian besar balita berusia 1–3 tahun dan sebagian kecil balita berusia usia 4–5 tahun. Berdasarkan tingkat paparan asap rokok, sebagian besar balita berada pada kategori paparan tinggi, hampir setengahnya balita dalam kategori paparan rendah, dan sebagian kecil balita tidak terpapar. Hasil tabulasi silang menunjukkan bahwa paparan asap rokok ditemukan pada seluruh kelompok usia balita pneumonia, dengan akumulasi kasus terbanyak kelompok usia 1–3 tahun.

Penelitian ini menyimpulkan bahwa mayoritas balita penderita pneumonia di wilayah kerja Puskesmas Tuban, Kabupaten Tuban, hidup dalam lingkungan rumah dengan tingkat paparan asap rokok yang tinggi. Mengacu pada hasil tersebut, intervensi edukasi perlu digalakkan guna meningkatkan kesadaran orang tua mengenai dampak buruk asap rokok. Hal ini menegaskan pentingnya menciptakan rumah bebas asap rokok sebagai upaya melindungi kesehatan balita.

Kata Kunci: Paparan Asap Rokok, Pneumonia, Balita, Lingkungan Rumah, Perokok Pasif

ABSTRACT

Tafrihatul Fuadia
DESCRIPTION OF HOUSEHOLD CIGARETTE SMOKE EXPOSURE AMONG TODDLERS WITH PNEUMONIA AT TUBAN PUBLIC HEALTH CENTER, TUBAN REGENCY
xv + 78 *Page* + 6 *Tabels* + 12 *Appendices*

Pneumonia is a major cause of serious illness and death in young children, and having cigarette smoke in the home is one of the environmental factors that can harm respiratory health. Young children's breathing can be easily affected by things in their environment, like smoke from cigarettes in their homes. When parents or other family members smoke, children are exposed to secondhand smoke, which means they breathe in harmful chemicals and pollutants that can hurt their health. This study aimed to look at how cigarette smoke affects young children with pneumonia who were treated at the Tuban Community Health Center.
For this study, a descriptive approach was selected. The study included all young children who had been diagnosed with pneumonia at the Tuban Community Health Center in Tuban Regency, and there were a total of 57 kids in this group. A simple sampling method based on the Slovin formula was used to select 50 people as participants. Data were gathered through a specific questionnaire that had seven questions about how much someone is exposed to cigarette smoke. The data were then analyzed one variable at a time and shown in a visual format called a frequency distribution table.
The findings indicated that most of the toddlers were between 1 and 3 years old, and only a few were aged 4 to 5 years. Most toddlers were in the high-exposure group based on how much cigarette smoke they were around, almost half were in the low-exposure group, and only a few had no exposure at all. The results from the cross-tabulation showed that exposure to cigarette smoke was present in all age groups of toddlers who had pneumonia, with the most cases found in the 1–3 year old group.
This study found that most toddlers who had pneumonia in the area covered by Tuban Community Health Center (Puskesmas) in Tuban Regency live in homes where there is a lot of cigarette smoke. Based on these results, parents need to learn more about how cigarette smoke can be harmful. This shows how important it is to keep homes smoke-free to help keep toddlers healthy.

Keywords: *Cigarette Smoke Exposure, Pneumonia, Toddler, Home Environmen,Pa ssive Smoker*