

# Hubungan pemberian ASI eksklusif terhadap kejadian pneumonia balita usia 12-23 bulan di tiga wilayah Puskesmas Kota Cimahi Provinsi Jawa Barat tahun 2012 = Exclusive breastfeeding relationships incidence against pneumonia age 12-23 months in three regions public health center Cimahi city of West Java Province in 2012

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## Abstrak

Pneumonia merupakan penyebab kematian terbesar pada anak di seluruh dunia. Setiap tahunnya diestimasikan sekitar 18% kematian anak di bawah usia 5 tahun di seluruh dunia disebabkan oleh pneumonia. Faktor risiko pasti yang berkontribusi diantaranya yaitu balita yang tidak mendapatkan ASI eksklusif.

Tujuan studi ini untuk mengetahui hubungan pemberian ASI eksklusif terhadap kejadian pneumonia balita usia 12 -23 bulan setelah dikontrol terhadap confounder. Studi kasus kontrol ini dilakukan di tiga wilayah puskesmas Kota Cimahi berdasarkan angka insidens kasus pneumonia balita yang tertinggi di tahun 2012. Kasus adalah balita usia 12 - 23 bulan yang berkunjung ke sarana puskesmas penelitian periode Januari - Desember 2012 dan didiagnosa sebagai kasus pneumonia. Kontrol merupakan tetangga dari kasus, dengan perbandingan jumlah kasus dan kontrol yaitu 1:1. Besar sampel minimal sebanyak 133 untuk masing - masing kelompok. Analisis multivariat dengan menggunakan regresi logistik. Besar asosiasi balita yang tidak mendapat ASI eksklusif memiliki OR untuk terjadinya pneumonia sebesar 3,58 kali (95% CI: 2,08 - 6,19) dibandingkan yang mendapat ASI eksklusif setelah dikontrol terhadap confounder.

Penelitian ini memperkuat penelitian terdahulu yang membuktikan kekuatan hubungan pemberian ASI eksklusif terhadap kejadian pneumonia pada balita. Berfokus pada daerah dengan angka insiden kasus pneumonia yang tinggi, pihak dinas kesehatan dan puskesmas dapat lebih meningkatkan upaya promosi dan fasilitasi ASI eksklusif, menciptakan kawasan tanpa asap rokok di tingkat rumah tangga, pengurangan adanya paparan asap pembakaran di dalam rumah, peningkatan pengetahuan ibu berkaitan faktor risiko pneumonia.

.....Pneumonia is the biggest cause of death in children worldwide. Each year approximately 18% of estimated deaths of children under five worldwide are caused by pneumonia. Definite risk factors that contribute to them are children under five who are not exclusively breastfed.

The purpose of this study to determine the relationship of exclusive breastfeeding on the incidence of pneumonia children under five age 12 -23 months after controlling for confounders. Case-control study was conducted in three areas of public health centers Cimahi City based incidence rates were highest children under five cases of pneumonia in 2012. Cases were children aged 12-23 months who visited the research public health centers means the period of January to December 2012 and was diagnosed as a case of pneumonia. Control is a neighbor of the case, the ratio of the number of cases and controls is 1:1. Minimum sample size for each of as many as 133 - each group. Multivariate analysis using logistic regression. Major association children under five who are not exclusively breastfed for the occurrence of pneumonia had an OR of 3.58 (95% CI: 2.08 to 6.19) than those who are breastfed exclusively after controlling for confounders.

This study reinforces previous research that proves the strength of association of exclusive breastfeeding on the incidence of pneumonia in infants. Focusing on areas with a number of high incidence of cases of pneumonia, the health department and public health center could further enhance the promotion and facilitation of exclusive breastfeeding, creating a smoke-free area at the household level, reduction in exposure to combustion fumes in the house, increasing maternal knowledge of risk factors associated pneumonia.