

Infeksi parasit usus dan status gizi diantara anak usia sekolah di Jakarta Selatan = Intestinal parasitic infection and nutritional status among school aged children in South Jakarta

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Abstrak

Latar Belakang: Prevalensi infeksi parasit usus masih tinggi di Indonesia, terutama pada anak-anak usia sekolah karena beberapa faktor termasuk kebersihan yang buruk, faktor sosial ekonomi, perilaku, dan penduduk yang padat. Saat ini faktor-faktor tersebut masih ditemukan di Indonesia, sehingga angka infeksi masih tinggi. Nutrisi dan infeksi parasit memiliki hubungan erat. Infeksi parasite usus dapat menyebabkan gangguan penyerapan makanan dan status gizi pada anak usia sekolah yang membutuhkan nutrisi yang cukup untuk tumbuh. Infeksi parasit usus sebagai penyebab kekurangan gizi masih menjadi masalah utama kesehatan masyarakat dan dapat menunda pertumbuhan anak.
Metode: Sampel diperoleh dari SDN Kalibata 04, Jakarta Selatan dengan cara mengumpulkan tinja dari murid kelas 1-5. Secara total ada 157 anak mengumpulkan sampel mereka. Pemeriksaan langsung dari tinja dilakukan di Departemen Parasitologi, Fakultas Kedokteran, Universitas Indonesia menggunakan lugol dan eosin. Data status gizi didapatkan dengan pemeriksaan fisik langsung berat dan tinggi badan yang digunakan untuk menghitung persentil indeks massa tubuh IMT. Setelah itu, data dianalisis menggunakan uji Chi-square; SPSS versi 20 untuk mengetahui apakah ada hubungan antara infeksi parasit usus dan status gizi.
Hasil: Sampel diperiksa sebanyak 157 tinja dan ditemukan adanya 60 anak 38,2 positif terinfeksi dengan berbagai macam parasit. Sebagian besar infeksi disebabkan oleh *B. hominis*, yang menginfeksi 44 anak 69,4. Infeksi lain disebabkan oleh *G. intestinalis* 15,3, *T. trichiura* 1,4, cacing tambang 1,4, dan infeksi campuran *B. hominis* dan *E. coli* 4,2 , dan *B.hominis* dengan *G. intestinalis* 4,2. Dari total anak yang terinfeksi, 17 anak 28,3 memiliki IMT di bawah 5 persentil, dianggap sebagai kekurangan gizi. Secara statistik, terdapat hubungan antara infeksi parasit usus dan status gizi di SDN Kalibata 04, Jakarta Selatan.

.....Background Prevalence of intestinal parasitic infection still high in Indonesia, especially in the school aged children. Several factors including poor hygiene, socioeconomic factors, behavior, and crowded population have a contribution in this high prevalence. Nutrition and parasitic infection are closely linked. Intestinal parasitic infection can cause malabsorption and malnutrition especially in school aged children while they need adequate nutrition intake to grow. Therefore, intestinal parasite infection in school aged children is become a major public health problem since it will delay their growth.
Methods Sample is obtained from SDN Kalibata 04, South Jakarta by collecting the children's stool from 1st 5th grade. Direct examination of the stool is conducted in the Parasitology Department, Fakultas Kedokteran, Universitas Indonesia by Lugol and eosin staining. Additionally, data of nutritional status was obtained by direct physical examination of the weight and height of the children and then they were used to calculate the BMI percentile. Thereafter, data was analyzed using Chi square test, SPSS version 20 to know is there any association between intestinal parasitic infection and nutritional status.
Results From the total 157 stool

examined in the laboratory, there were 60 38.2 children positively infected with various kinds of intestinal parasites. Mostly the infection is caused by *B. hominis*, which infect 44 children 69.4 . Other infection is caused by *G. intestinalis* 15.3, *T. trichiura* 1.4, hookworm 1.4, and mixed infection of *B. hominis* and *E. coli* 4.2, and *B.hominis* with *G. intestinalis* 4.2 . From the total of infected children, 17 children 28.3 have BMI below 5th percentile, and it was considered as malnourished. Moreover, 67 uninfected children have healthy weight. Statistically, there is association between intestinal parasitic infection and nutritional status in SDN Kalibata 04, South Jakarta. Conclusion The incidence of intestinal parasitic infection in SDN Kalibata 04 is 38.2. Moreover, 28.3 of the infected children were malnourished and it is suggested that children with intestinal parasite infection has low nutritional status in SDN Kalibata 04, South Jakarta.