

Asosiasi Antara Paparan Asap Rokok Terhadap Status Gizi Anak di DKI Jakarta = Association between Environmental Tobacco Smoke Exposure and Child's Nutritional Status in DKI Jakarta

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Abstrak

Pendahuluan: Wasting, underweight, dan stunting meningkatkan angka mortalitas dan morbiditas serta merupakan permasalahan yang masih ditemukan di Indonesia. Paparan asap rokok terhadap anak meningkatkan resiko wasting, underweight, dan stunting pada anak. Penelitian ini bertujuan untuk mengetahui asosiasi antara paparan asap rokok terhadap status gizi anak 0-59 bulan yang berdomisili di DKI Jakarta.

Metode: Studi dengan pendekatan potong lintang dilakukan terhadap 121 orangtua dengan anak yang berusia 0-59 bulan pada Jakarta Pusat. Data mengenai paparan asap rokok diambil melalui kuesioner yang dibagikan kepada responden. Analisis data dilakukan dengan program SPSS. Status gizi anak dianalisa berdasarkan WHO Weight-for-Height, Weight-for-Age, and Height-for-Age Z-score.

Hasil: Dalam riset ini, prevalensi wasting, underweight, and stunting masing-masing adalah 6.6%, 9.1% and 31.4%. Analisis statistik bivariat dilakukan menggunakan chi-square dan fisher's exact test yang menunjukkan tidak adanya asosiasi antara paparan asap rokok dari ayah dan ibu yang merokok dengan wasting, underweight, dan stunting pada anak. Ditemukan adanya asosiasi antara paparan asap rokok terhadap ibu saat kehamilan terhadap stunting pada anak ($p=0.024$; $OR=0.409$; $CI(95\%)=0.186-0.898$). Melalui analisa logistic regression, ditemukan asosiasi antara umur ibu ($p=0.042$; $OR=3.223$) dan pendidikan ayah ($p=0.011$; $OR=4.082$) terhadap terjadinya stunting pada anak. Terdapat pula asosiasi antara umur ibu dan underweight pada anak ($p=0.047$; $OR=4.229$).

Kesimpulan: Tidak ditemukan asosiasi antara paparan asap rokok terhadap anak dan wasting, underweight, dan stunting. Terdapat asosiasi antara paparan asap rokok terhadap ibu saat hamil terhadap stunting pada anak.

Introduction: Wasting, underweight, and stunting is associated with an increase morbidity and mortality in children and is still a problem in Indonesia. Environmental tobacco smoke exposure towards children has been associated with an increase risk of wasting, underweight, and stunting in children. In this research, we aim to investigate the association between tobacco smoke exposure in DKI Jakarta household and nutritional status of children <5 years old.

Methods : Cross-sectional study with random sampling technique in 121 parents with children age 0-59 months in Central Jakarta. Tobacco smoke exposure is measured through questionnaire. The results are analyzed using SPSS statistic program. Nutritional status of children is analyzed through WHO Weight-for-Height, Weight-for-Age, and Height-for-Age Z-score.

Results: In this research, the prevalence of wasting, underweight, and stunting are 6.6%, 9.1% and 31.4%, respectively. Bivariate statistical analysis using chi-square and Fisher's Exact Test showed no association between tobacco smoke exposure with wasting, underweight, and stunting, while an association was found between tobacco smoke exposure during pregnancy with stunting in children aged 0-59 months ($p=0.024$; $OR=0.409$; $CI(95\%)=0.186-0.898$). Logistic regression analysis showed that Mother's age (p and paternal

education ($p=0.011$; OR= 4.082) increases risk of stunting in children. Age of mother is associated with Underweight in children ($p= 0.047$; OR= 4.229).

Conclusion: No association between paternal and maternal smoking with underweight, wasting, and stunting is found, while an association was found between tobacco smoke exposure during pregnancy with stunting in children.