

## Hubungan Pemberian ASI Eksklusif terhadap Kejadian pneumonia pada anak umur 4-24 bulan di Kabupaten Indramayu = The Relationship of Exclusive Breast Feeding to Pneumonia at Infant Age 4-24 Months in Indramayu Districts

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### Abstrak

Pneumonia termasuk Infeksi Saluran Pernafasan Akut (ISPA) yang banyak menyerang pada balita. Insidens pneumonia balita di Indonesia diperkirakan 10%-20% per tahun. Di kabupaten Indramayu, jumlah kasus pneumonia yang dilaporkan puskesmas selama tahun 1997 s/d 2000 menunjukkan adanya peningkatan. Air Susu Ibu (ASI) pada masa bayi merupakan nutrisi yang terbaik dan terpenting untuk mencapai tumbuh kembang yang optimal. Dewasa ini terdapat kecenderungan menurunnya pemberian ASI eksklusif, padahal pemberian ASI tersebut akan memberikan perlindungan terhadap berbagai penyakit termasuk infeksi pernafasan dan infeksi usus.

Penelitian ini bertujuan untuk mengetahui hubungan pemberian ASI terhadap terjadinya pneumonia pada anak umur 4-24 bulan di kabupaten Indramayu. Pada penelitian ini sebagai variabel independen utama adalah pemberian ASI. Rancangan penelitian ini menggunakan kasus kontrol tidak berpadanan (unmatched). Sampel kasus sebanyak 167 orang yaitu anak umur 4-24 bulan yang menderita pneumonia yang datang ke puskesmas di kabupaten Indramayu selama periode Juli-Agustus 2001, sedangkan kontrol juga sebanyak 167 orang yaitu anak umur 4-24 bulan yang merupakan tetangga kasus dan tidak menderita pneumonia, sehingga total sampel sebanyak 334 orang. Pengolahan data menggunakan analisis bivariat dan multivariat yakni multiple regression logistic dengan bantuan software statistik STATA versi 6.0.

Hasil penelitian menunjukkan bahwa bayi yang diberi ASI tidak eksklusif mempunyai risiko terjadinya pneumonia pada umur 4-24 bulan sebesar 4,89 kali (95% CI 2,86 - 8,36) dibandingkan dengan bayi yang mendapatkan ASI eksklusif. Hubungan pemberian ASI terhadap terjadinya pneumonia tersebut sudah dilakukan pengendalian variabel independen lainnya. Disamping itu ada variabel lain yakni adanya perokok, adanya asap pembakaran, riwayat imunisasi campak dan jenis kelamin anak yang secara bermakna terdapat hubungan dengan terjadinya pneumonia pada anak umur 4-24 bulan.

Penelitian ini menyimpulkan adanya hubungan yang cukup kuat antara pemberian ASI tidak eksklusif terhadap terjadinya pneumonia pada anak umur 4-24 bulan. Oleh karena itu perlu dilakukan Gerakan Pemberian ASI Eksklusif melalui pendidikan kesehatan dan promosi kesehatan bagi ibu-ibu balita rentang pentingnya pemberian ASI eksklusif dalam mencegah terjadinya pneumonia balita.

.....Pneumonia is one the Acute Respiratory Infections (ARI) which attacked to infant. The incident of infant pneumonia in Indonesia estimated 10-20% each year. In Indramayu district, the number of pneumonia cases that reported by Health Center during the year of 1997-2000 showed there was increasing. Breast-feeding on childhood is the best nutrition and important to achieve the optimal development of infant. Nowadays, there is tendency of the decreasing in giving exclusively breast-feeding; even it will give the protection to varieties of diseases, including lung and intestine infections.

The objective of this study was to identify the relationship of breast-feeding to pneumonia at infant age 4-24 months in Indramayu District. In this study, as Main dependent variable was the breast-feeding. The

design of this study using unmatched. The number of samples were 167 people, they were infants age 4-24 months whose suffering pneumonia that came to Health Center in Indramayu District during the period of July - August 2001. While the control were 167 infants age 4 - 24 months whose the neighbor of cases and \*as not suffering pneumonia, so the total of samples were 334 people. The data management used for analysis were bivariate and multivariate, those were multiple regression logistic with supported software statistic STATA version 6.0.

The result of the study showed that the infant who gave the breast-feeding not exclusively had the risk to pneumonia 4,89 times (95% CI 2,86 - 8,36) at the of 4 - 24 months compared to infant whose gave the breast-feeding exclusively. The relationship of breast-feeding to such pneumonia has been conducted to control the another independent variable. Besides that, there were other variables, they - were: smoking, smoke of fire, history of measles immunization and the sex of infant that significantly had the relationship to pneumonia at infant age 4 - 24 months.

The conclusion of this study, there was relationship significantly between breast-feeding not exclusively to pneumonia at infant age 4 - 24 months. So that, it is needed to do the Breast-feeding Movement Exclusively through Health Education and Promotion to infants mothers on the important of breast-feeding in preventing to infant pneumonia.