

# Analisis Faktor Risiko Lingkungan Rumah Pada Kejadian Asma: Studi Kasus Kontrol Di Kabupaten Tana Toraja = Analysis Of Home Environmental Risk Factor For Asthma: A Case-Control Study In Tana Toraja Regency

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## Abstrak

Asma merupakan salah satu penyakit pernapasan kronis yang dapat menyerang semua kelompok usia. Prevalensi penyakit asma terus mengalami peningkatan dari tahun ke tahun. Pada tahun 2019, tercatat sebanyak 262 juta penduduk dunia menderita penyakit asma dan sebanyak 461.000 kematian akibat asma. Pada tingkat nasional, prevalensi penyakit asma mencapai 2,4% pada tahun 2018. Tana Toraja merupakan salah satu kabupaten/kota yang termasuk dalam 10 kabupaten/kota di Indonesia dengan prevalensi asma tertinggi secara nasional (9,5%). Penelitian ini bertujuan untuk mengetahui hubungan antara faktor risiko lingkungan rumah dengan kejadian asma di Kabupaten Tana Toraja. Variabel independen yang diteliti dalam penelitian ini adalah pajanan asap rokok, asap kayu bakar, dan asap obat bakar nyamuk, keberadaan hewan peliharaan, tikus, kecoa, karpet lantai, polen, dan jamur, serta riwayat asma keluarga. Penelitian ini dilakukan menggunakan desain penelitian case control. Sebanyak 148 masyarakat Tana Toraja terpilih dan bersedia mengikuti penelitian. Data penelitian diperoleh melalui pengisian kuesioner online dan wawancara via telepon. Data kemudian dianalisis secara univariat, bivariat, dan multivariat menggunakan software IBM SPSS Statistics 22. Hasil penelitian menunjukkan bahwa pajanan asap kayu bakar (OR = 2,39; 95% CI = 1,13-5,04) dan riwayat asma keluarga (OR = 6,04; 95% CI = 2,26-16,11) merupakan faktor risiko penyakit asma dan memiliki hubungan yang bermakna dengan kejadian asma. Sedangkan pajanan asap rokok (OR = 1,57; 95% CI = 0,79-3,14), obat bakar nyamuk (OR = 0,56; 95% CI = 0,17-1,80) keberadaan anjing (OR = 1,03; 95% CI = 0,39-2,73), kucing (OR = 0,69; 95% CI = 0,35-1,40), burung (OR = 0,94; 95% CI = 0,31-2,88), tikus (OR = 1,19; 95% CI = 0,60-2,39), kecoa (OR = 0,86; 95% CI = 0,41-1,79), karpet lantai (OR = 0,88; 95% CI = 0,44-1,75), polen (OR = 1,87; 95% CI = 0,91-3,87), dan jamur (OR = 0,61; 95% CI = 0,27-1,39) tidak memiliki hubungan bermakna dengan kejadian asma secara statistik. Berdasarkan hasil analisis multivariat diketahui bahwa riwayat asma keluarga merupakan faktor risiko yang paling berpengaruh terhadap kejadian asma di Tana Toraja ( $p = 0,000$ )

.....Asthma is a chronic respiratory disease that can affect all age groups. The prevalence of asthma continues to increase from year to year. In 2019, there were 262 million people worldwide suffering from asthma and as many as 461,000 deaths from asthma. At the national level, the prevalence of asthma reached 2.4% in 2018. Tana Toraja is one of the 10 districts/cities in Indonesia with the highest prevalence of asthma nationally (9,5%). This study aims to determine the relationship between risk factors in the home environment and the incidence of asthma in Tana Toraja Regency. The independent variables examined in this study were exposed to cigarette smoke, firewood smoke, and mosquito coils, the presence of pets, rats, cockroaches, floor carpets, pollen, and mold, and a family history of asthma. This research was conducted using a case-control tool research design. A total of 148 people from Tana Toraja were selected and agreed to participate in the research. The research data was obtained by filling out online questionnaires and telephone interviews. Data were then analyzed univariately, bivariate, and multivariate IBM SPSS Statistics

22 software. The results showed that exposure to firewood smoke (OR = 2,39; 95% CI = 1,13-5,04) and a family history of asthma (OR = 6,04; 95% CI = 2,26-16,11) is a risk factor for asthma and a significant relationship with the incidence of asthma. While exposure to cigarette smoke (OR = 1,57; 95% CI = 0,79-3,14), mosquito coils (OR = 0,56; 95% CI = 0,17-1,80) the presence of dogs (OR = 1,03; 95% CI = 0,39-2,73), cats (OR = 0,69; 95% CI = 0,35-1,40), birds (OR = 0,94; 95% CI = 0,31-2,88), mice (OR = 1,19; 95% CI = 0,60-2,39), cockroaches (OR = 0,86; 95% CI = 0,41-1,79), floor carpet (OR = 0,88; 95% CI = 0,44-1,75), pollen (OR = 1,87; 95% CI = 0,91-3,87), and mold (OR = 0,61; 95% CI = 0,27-1,39) did not have a statistically significant relationship with the incidence of asthma. Based on the results of a multivariate analysis it is known that a family history of asthma is the most important risk factor for the incidence of asthma in Tana Toraja ( $p = 0,000$ )