

# Hubungan Faktor Lingkungan Fisik dan Perilaku terhadap Gejala Penyakit Infeksi Saluran Pernapasan Akut (ISPA) pada Santri di Yayasan Tunas Mulia Bantar Gebang dan Rumah Tahfidz Siti Aminah = Relationship between Physical and Behavioral Factors and Symptoms of Acute Respiratory Infection (ISPA) in Santri at Tunas Mulia Bantar Gebang Foundation and Tahfidz Siti Aminah House

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## Abstrak

Kondisi kamar asrama pesantren dapat memicu timbulnya berbagai penyebab penyakit ISPA. Penelitian ini bertujuan untuk menganalisis faktor lingkungan dan perilaku yang berhubungan dengan gejala penyakit ISPA pada santri di Yayasan Tunas Mulia Bantar Gebang dan Rumah Tahfidz Siti Aminah yang berlokasi di Provinsi Jawa Barat dengan menggunakan desain penelitian cross sectional. Sampel penelitian ini terdiri dari 90 Hasil penelitian menunjukkan bahwa sebanyak 64,4% santri di Yayasan Tunas Mulia dan Rumah Tahfidz Siti Aminah mengalami gejala ISPA, kepadatan hunian seluruh kamar dalam keadaan tidak memenuhi syarat, dan mayoritas santri telah menerapkan perilaku hidup bersih dan sehat dalam pencegahan ISPA dengan baik. Secara statistik, ditemukan adanya hubungan bermakna antara variabel tingkat kelembaban ( $p=0,034$ ), olahraga teratur ( $p=0,0001$ ), kebiasaan membuka jendela ( $p=0,002$ ), dan kepadatan hunian ( $p=0,000$ ) dengan gejala ISPA. Sedangkan pada variabel mencuci tangan dengan air dan sabun, perilaku batuk, dan luas ventilasi tidak memiliki hubungan yang bermakna dengan risiko gejala ISPA. Pondok pesantren dapat membuat acara penyuluhan kesehatan bagi masyarakat pesantren mengenai penyebab, faktor risiko, gejala, dan cara mencegah terjadinya ISPA serta melakukan penataan kembali pada pembagian kamar santri agar menghindari tingginya angka kepadatan hunian dan mendorong pengembangan program Perilaku Hidup Bersih dan Sehat (PHBS).

.....The condition of Islamic boarding school dormitories can trigger the emergence of various causes of ISPA. This study aims to analyze environmental and behavioral factors associated with symptoms of ARI in students at the Tunas Mulia Bantar Gebang Foundation and Tahfidz Siti Aminah House located in West Java Province using a cross sectional study design. The research sample consisted of 90. The results showed that as many as 64.4% of students at the Tunas Mulia Foundation and Tahfidz Siti Aminah House experienced symptoms of ARI, the occupancy density of all rooms was in a state that did not meet the requirements, and the majority of students had implemented clean and healthy living behaviors in preventing ISPA well. Statistically, a significant relationship was found between the variable humidity level ( $p=0.034$ ), regular exercise ( $p=0.0001$ ), the habit of opening windows ( $p=0.002$ ), and occupancy density ( $p=0.000$ ) with symptoms of ARI. Meanwhile, the variable washing hands with soap and water, coughing behavior, and ventilation area did not have a significant relationship with the risk of ARI symptoms. Islamic boarding schools can hold health education events for the Islamic boarding school community regarding the causes, risk factors, symptoms, and ways to prevent ISPA and rearrange the distribution of student rooms to avoid high occupancy rates and encourage the development of a Clean and Healthy Behavior program.