

# Studi Deskriptif Upaya Orangtua Meningkatkan Daya Tahan Tubuh Anak Selama Pandemi Berdasarkan Kebudayaan Berbagai Daerah = Descriptive Study of Parents' Efforts to Increase Children's Immunity During a Pandemic Based on Various Regional Cultures

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## Abstrak

Anak merupakan salah satu populasi yang terdampak dalam aspek kesehatan akibat infeksi coronavirus disease-19 (COVID-19). Meskipun angka kejadian COVID-19 pada populasi anak lebih kecil dibandingkan dengan populasi usia yang lebih tua, upaya pencegahan infeksi COVID-19 pada anak tetap perlu diperhatikan dan diusahakan. Salah satu upaya pencegahan yang dapat dilakukan adalah meningkatkan daya tahan tubuh untuk dapat meminimalisir risiko infeksi pada anak. Penelitian ini bertujuan untuk mengidentifikasi upaya orangtua meningkatkan daya tahan tubuh anak selama pandemi COVID-19 berdasarkan kebudayaan daerah Sumatera Barat, DKI Jakarta, Jawa Barat, Kalimantan Timur, dan Sulawesi Selatan. Penelitian menggunakan kuesioner berisi 13 item pertanyaan yang dikembangkan berdasarkan teori Culture Care Diversity and Universality oleh Leininger. Penelitian dilaksanakan dengan metode pendekatan survei secara daring yang melibatkan 106 orangtua dengan menggunakan teknik pengambilan sampel jenis non-proportional quota sampling. Hasil penelitian menunjukkan bahwa terdapat persamaan upaya (culture care universality) melalui pendekatan faktor kekerabatan (69,8%), sosial (49,1%), kebijakan dan peraturan yang berlaku (78,3 %), pengetahuan (85,8%), dan pemanfaatan tanaman obat keluarga (65,1 %), serta terdapat variasi budaya (culture care diversity) melalui pendekatan teknologi, agama dan falsafah hidup, gaya hidup, pemanfaatan sarana atau fasilitas kesehatan, serta jenis TOGA yang digunakan dalam praktik peningkatan daya tahan tubuh anak selama pandemi berdasarkan kebudayaan berbagai daerah.

.....Children are one of the populations affected by health aspects due to infection with coronavirus disease-19 (COVID-19). Although the incidence of COVID-19 in the pediatric population is smaller than the older population, efforts to prevent COVID-19 infection in children still need to be considered and sought. One of the prevention efforts that can be done is to increase immunity to minimize the risk of infection in children. The research aims to identify the efforts of parents to increase their child's immunity during the COVID-19 pandemic based on the regional culture of West Sumatra, DKI Jakarta, West Java, East Kalimantan, and South Sulawesi. The study used a questionnaire containing 13 question items which were developed from the theory of Culture Care Diversity and Universality by Leininger. The research was conducted using an online survey approach involving 106 parents using a non-proportional quota sampling technique. The results showed that there were similarities in efforts (culture care universality) through the approach of kinship factors (69.8%), social (49.1%), applicable policies and regulations (78.3%), knowledge (85.8%), resistance and utilization of family medicinal plants (65.1% %), as well as the presence of culture through a variety of approaches to technology, religion and philosophy of life, lifestyle, utilization of health facilities or facilities, and type of TOGA used in the practice of increasing children's immunity during pandemic based on regional culture.