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THE RELATIONSHIP OF FAMILY SUPPORT WITH RECURRENCE OF ISPA AMONG CHILDREN

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ABSTRACT

Upper Respiratory Tract Infection (ISPA) is an infectious disease which has the risk of being easily transmitted to other people, especially to toddlers aged 12-59 months. ISPA is still a public health problem because the impact it has on sufferers is very large, therefore support is very important in preventing various diseases, especially ISPA. Family support also plays a role in handling ISPA cases in children aged 1-5 years. Family support is natural social support. This study aims to determine family support for ISPA recurrence in toddlers in the UPTD Working Area of the Air Molek Health Center, Indragiri Hulu Regency. This type of research is quantitative, descriptive analytical, with a cross sectional approach. The sample in this study was families with toddlers totaling 31 respondents who were determined using a purposive sampling technique. Uji statistik yang digunakan adalah Uji Chi Square. The statistical test results showed that there was a relationship between family support and recurrence of ISPA in toddlers with a p value of $0.005 < 0.05$, meaning that there was a relationship between family support and recurrence of ISPA in toddlers in the UPTD Working Area of the Air Molek Health Center, Indragiri Hulu Regency. It is hoped that the Community Health Center will provide more information and provide education to the community, especially mothers of toddlers with Upper Respiratory Tract Infections (ISPA)

Keywords: Family Support, ISPA Recurrence, Toddlers

INTRODUCTION

The goal of health development that has been stated in the National Health system is an effort to provide health care carried out by the Indonesian people in order to obtain the ability to live a healthy life for each community in order to achieve optimal health status. It is said that increasing the level of public health is influenced by several factors, namely health services, actions and congenital (congenital). Healthy living is a right that every human being in this world has, but various methods are needed to obtain it. Toddlers are a period that is vulnerable to various kinds of diseases. This happens because the body's immune system has not been fully formed, one of the diseases that often occurs is Acute Respiratory Tract Infection (ISPA) (Purwanto, 2014).

Acute respiratory tract infection (ISPA) is an acute infectious disease that attacks one or more parts of the respiratory tract from the nose (upper tract) to the alveoli (lower tract) including adnexal tissue such as the sinuses, middle ear cavity and pleura. The incidence by age group under five is estimated at 0.29 episodes per child/year in developing countries and 0.05 episodes per child/year in developed countries. This shows that there are 156 million new episodes in the world per year of which 151 million episodes (96.7%) occur in developing countries with the most cases occurring in India (43 million), China (21 million) and Pakistan (10 million) and Bangladesh, Indonesia, Nigeria each with 6 million episodes (RI Ministry of Health, 2021).

The World Health Organization (2020), reports that the incidence of ISPA, especially lower respiratory tract infections, remains the deadliest infectious disease in the world, especially in children under five. ISPA is ranked 4th cause of death with a total of 2.6 million deaths. Globally, the highest incidence occurs in South Asia (2,500 cases per 100,000 children) and West and Central Africa (1,620 cases per 100,000 children). Many factors can cause a person to get ISPA, especially in babies and toddlers, including birth weight, lack of exclusive breastfeeding, incomplete immunization status, house ventilation, and air pollution. All of the factors above can determine a person's level of health.

In Indonesia itself, ISPA is on the list of the 10 most common illnesses in hospitals. The highest prevalence of ISPA is in Bengkulu Province at 11.8% and Riau Province is in the top five with a prevalence rate of 7.1%. This disease is more common in population groups with middle to lower economic conditions. Based on data from the Riau Provincial Health Service, the number of ISPA incidents in 2020 was recorded at 281,626 cases. With the highest age characteristics occurring in the 1-4 year age group, amounting to 13.7% (Ministry of Health of the Republic of Indonesia, 2021).

Based on the profile of the Riau Provincial Health Service in 2020, the incidence of ISPA in children under five was recorded at 30,393 cases. The results of the 2018 Riskesdas, the prevalence of ISPA based on health workers' diagnosis history and based on symptoms, the highest data was in Kuantan Singingi Regency at 4.37% and Indragiri Hulu Regency was the fifth highest area at 2.7%.

ISPA is an infectious disease that is easily transmitted to other people, especially to toddlers aged 12-59 months. ISPA is still a public health problem because it has a huge impact on sufferers, not only children but also adults. Apart from

that, ISPA can also trigger other diseases and develop into dangerous diseases such as pneumonia and can even cause death (Najmah, 2015).

According to Stuart & Laraia (2013), family support also plays a role in handling ISPA cases in children aged 1–5 years. Outward support is natural social support provided by the family where the family is able to function with various intelligence and resourcefulness, so that it will improve their health and adaptation in life. Family support that provides care for family members who have serious mental illness, feel isolated, and alone in facing problems.

The family is expected to be able to function to realize the process of developing reciprocal feelings of love and affection between family members, between relatives and between generations, which is the basis of a harmonious family. Support is needed by anyone in interacting with other people in order to survive in society. One important source of support is family. Healthy behavior in society sometimes does not only require knowledge and a positive attitude and support from facilities, but also requires behavioral examples (references) from the people closest to them. Families who fully support someone in carrying out health care will improve the handling of ISPA cases (Stuart & Laraia, 2013).

The impact of ISPA is pneumonia and death in children (WHO, 2020). Pneumonia is the most serious manifestation of acute respiratory infection (ISPA) which can cause death (Purnama, 2016).

Based on a preliminary study conducted at the UPTD Air Molek Health Center on 15 mothers with toddlers, family support was found in preventing ISPA recurrence. It was found that 6 people (40%) had poor family support, 5 people

(33%) had good family support and 4 people (23%) their family support is good.

RESEARCH METHODS

This study uses a correlation description with a cross sectional approach. This research was conducted at the UPTD Working Area of Air Molek Indragiri Hulu Community Health Center. The research sample was families with toddlers, with a sample of 31 people. The research instrument used a questionnaire as data collection. Data processing includes editing, coding, scoring and tabulating. Data analysis used in this study consisted of univariate and bivariate analysis using the computerized system SPSS program with the Chi Square statistical test

RESULTS AND DISCUSSIONS

a. Results

1) Family support

Table 1 Frequency Distribution of Family Support at UPTD Air Molek Health Center

No	Family support	<i>f</i>	%
1	Support	20	64,5
2	Does not support	11	35,5
Total		31	100

Based on table 1, it shows that the majority of ISPA recurrences in toddlers did not recur as many as 20 people (64.5%).

2) ISPA Recurrence

Table 2 Frequency Distribution of ISPA Recurrence at the UPTD Air Molek Health Center

No	Recurrence ISPA	<i>f</i>	%
1	No	20	64,5
2	Yes	11	35,5
Total		31	100

Based on table 2, it shows that the majority of ISPA recurrences in toddlers did not recur as many as 20 people (64.5%).

3) Relationship between family support and recurrence of ISPA in toddlers

Table 3 Family Support Relationships With Recurrence of ISPA in Toddlers at the UPTD Air Molek Health Center

Family support	Recurrence ISPA				Total	<i>p</i> value	
	No		Yes				
	<i>f</i>	%	<i>f</i>	%	<i>f</i>		%
Support	17	85	3	15	20	64,5	0,005
Does not support	3	27,3	8	72,7	11	35,5	
Total	20	64,5	11	35,5	31	100	

Based on table 3 above, it shows that the majority of family support is supportive, namely 20 people (64.5%) of toddlers who do not experience ISPA recurrence, namely 17 people (85%). On the other hand, 11 (35.5%) children with unsupportive family support experienced ISPA recurrence, 8 (72.7%).

The results of the Chi-Square statistical test show that the p value is 0.005 small than 0.05, meaning H_0 is rejected, which means there is a relationship between family support and recurrence of ISPA in toddlers in the UPTD Working Area of the Air Molek Health Center, Indragiri Hulu Regency.

b. Discussions

1) Family Support

Based on the research results, it shows that the majority of family support supports 20 people (64.5%). Meanwhile, there were 11 people who did not support it (35.5%).

The results of this research are in line with research by Sudarta & Lades (2017) that there is a relationship between family support and the incidence of ISPA in toddlers because family support is one of the components that shapes a person's tendency to act in implementing behavior in the incidence of ISPA in toddlers.

The results of other research are in line with this research, Niki & Mahmudiono (2019) from prevention efforts with immunization obtained a value of $p=0.047$, so that the value of $p < \alpha = 0.05$ which means there is a significant relationship between family support and the completeness of basic immunization status as one an effort to prevent ISPA.

The results of this research are strengthened by the theory that the family has a very important role in efforts to improve health and reduce the risk of disease in society because the family is the smallest unit in society (Niki & Mahmudiono, 2019).

According to researchers, if someone gets support from the family, then that person can take appropriate action for the occurrence of ISPA in toddlers, that is, the role of the mother is very important in preventing ISPA in toddlers. If the child is affected by ISPA, the mother must bring the toddler to health services.

2) Recurrence of ISPA

Based on the research results, it shows that the majority of ISPA recurrences in toddlers did not recur as many as 20 people (64.5%). Meanwhile, there were 11 children under five who experienced ISPA recurrence (35.5%).

The results of this research are in line with the research of Sukarto et al. (2016) obtained results where 14 respondents had a poor role associated with ISPA recurrence in toddlers and 26 respondents had good criteria. Based on the results of the chi-square test, the p value = 0.003. The results of statistical tests state that there is a relationship between the role of parents and the recurrence of ISPA in toddlers.

The results of this research are in line with research by Nurwahidah & Haris (2019) Toddlers are often exposed to

several types of pollutants and viruses, especially pollutants that come from inside the house because around 80% of toddlers spend time inside the house. Apart from that, in addition, the different immune systems of each toddler cause toddlers to be more susceptible to diseases, especially ISPA. Toddlers' exposure to environmental health hazards occurs in several different areas, namely inside the home, the neighborhood, and the wider community. This is in line with the public's perception of coughs, colds and fever which some families still take lightly and believe that ISPA is a harmless disease.

According to researchers, there are still toddlers who have experienced ARI incidents in the last year. According to the researchers' analysis, there is still a lack of attitudes and actions taken by parents in making efforts to prevent ARI incidents, namely by ensuring that children get good nutrition because there are some parents who often give their children fast food, provide complete immunization to children so that the body's resistance to disease is good, maintain personal hygiene and the environment so that it remains clean, such as throwing rubbish in its place and preventing children from coming into contact with other people who are infected with ISPA.

Relationship between family support and recurrence of ISPA in toddlers

Based on the research results, it shows that the majority of family support is supportive, namely 20 people (64.5%) of toddlers who do not experience ISPA recurrence, namely 17 people (85%). On the other hand, 11 (35.5%) children with unsupportive family support experienced ISPA recurrence, 8 (72.7%). The results of the Chi-Square statistical test show that the p value is $0.005 < 0.05$, meaning H_0 is rejected, which means there is a relationship between family support and recurrence of ISPA in toddlers in the UPTD Working

Area of the Air Molek Health Center, Indragiri Hulu Regency.

The results of this research are in line with the results of research by Niki & Mahmudiono (2019), regarding the relationship between maternal knowledge and family support on efforts to prevent Acute Respiratory Tract Infections. The results showed that there was a relationship between family support and efforts to prevent ISPA.

The results of this research are also in line with research by Oktaviani (2015), showing that there is a relationship between family attitudes and support and maternal behavior. Family support is the variable that has the strongest relationship with maternal behavior in handling ISPA in toddlers.

The results of this research are strengthened by the theory that family support can be provided in the form of listening to the mother's complaints during breastfeeding, motivating and encouraging the mother not to be afraid of physical changes that occur, for example fat, and ensuring that the mother can provide exclusive breast milk for 6 months. A mother's success in providing exclusive breastfeeding to her child cannot be separated from the role of family support obtained.

In the opinion of researchers, family support can be very influential in determining an individual's beliefs and health values and can determine the health programs they receive.

CONCLUSION

- a. The majority of 64.5 family support categories do not support
- b. The majority of 64.5% of ISPA recurrences in toddlers at the Air Molek Health Center UPTD did not recur
- c. There is a relationship between family support and the recurrence of ISPA in toddlers in the UPTD Working Area of

the Air Molek Health Center, Indragiri Hulu Regency

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