

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN
KEBIDANAN PROGRAM STUDI SARJANA TERAPAN KEBIDANAN
KAMPUS METRO SKRIPSI, JUNI 2025**

Indah Permata Sari

**HUBUNGAN USIA DAN PEMBERIAN VITAMIN A DENGAN KEJADIAN
ISPA PADA BALITA DI UPTD PUSKESMAS YOSOMULYO KOTA
METRO TAHUN 2025**

xiv+ 38 halaman, 8 tabel, 3 gambar, 10 lampiran

RINGKASAN

Infeksi Saluran Pernapasan Akut (ISPA) merupakan salah satu masalah kesehatan utama pada balita yang masih menjadi penyumbang angka kesakitan dan kematian tinggi, terutama di negara berkembang seperti Indonesia. Faktor usia balita dan status gizi, termasuk kecukupan vitamin A, diyakini berkontribusi signifikan terhadap kerentanan terhadap ISPA. Balita usia 1–3 tahun memiliki sistem imun yang belum matang dan lebih rentan terhadap infeksi. Di sisi lain, vitamin A diketahui memiliki fungsi penting dalam menjaga integritas epitel saluran pernapasan dan meningkatkan sistem kekebalan tubuh. Penelitian ini bertujuan untuk mengetahui hubungan antara usia dan pemberian vitamin A dengan kejadian ISPA pada balita di wilayah kerja Puskesmas Yosomulyo, Kota Metro.

Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain *cross-sectional*. Populasi pada penelitian ini adalah seluruh balita di wilayah kerja puskesmas Yosomulyo yang berjumlah 1.019 balita, hasil perhitungan besar sampel diperoleh sebanyak 104 responden. Teknik pengambilan sampel menggunakan *accidental sampling*. Data dikumpulkan melalui wawancara menggunakan lembar *checklist*, kemudian dianalisis menggunakan uji *Chi-Square*.

Hasil penelitian menunjukkan distribusi frekuensi usia balita ≤ 3 tahun sebesar 47,1%. Sebanyak 20,2% responden belum mendapatkan vitamin A. Responden yang mengalami ISPA sebanyak 66,3%. Hasil uji statistik menunjukkan bahwa terdapat hubungan yang signifikan antara usia balita dan kejadian ISPA dengan nilai $p\text{-value}=0,000(\leq 0,05)$. Selain itu, pemberian vitamin A juga menunjukkan hubungan yang signifikan dengan kejadian ISPA dengan nilai $p\text{-value} = 0,002 (\leq 0,05)$.

Kesimpulan dari penelitian ini adalah bahwa usia dan pemberian vitamin A memiliki hubungan signifikan terhadap kejadian ISPA pada balita. Oleh karena itu, program pemberian vitamin A harus terus ditingkatkan dan ditargetkan terutama pada kelompok usia yang rentan, serta diiringi dengan edukasi kepada orang tua mengenai pentingnya nutrisi dan pencegahan penyakit ISPA pada anak.

Kata Kunci: Vitamin A, ISPA, Balita

Daftar Bacaan: 27 (2010-2024)

**TANJUNGKARANG HELTH POLYTECHNIC DEPARTMENT OF
MIDWIFERY BACHELOR APPLIED MIDWIFERY STUDIES PROGRAM
METRO THESIS, JUNE 2025**

Indah Permata Sari

**THE RELATIONSHIP BETWEEN AGE AND VITAMIN A
SUPPLEMENTATION WITH THE INCIDENCE OF ACUTE
RESPIRATORY INFECTIONS (ARI) IN TODDLERS AT YOSOMULYO
PUBLIC HEALTH CENTER, METRO CITY IN 2025**

xiv + 38 pages, 8 tables, 3 figures, 10 appendices

SUMMARY

Acute Respiratory Infection (ARI) is one of the major health problems among toddlers and remains a significant contributor to high morbidity and mortality rates, especially in developing countries such as Indonesia. Factors such as toddler age and nutritional status, including adequate vitamin A intake, are believed to significantly contribute to susceptibility to ARI. Toddlers aged 1–3 years have immature immune systems and are therefore more vulnerable to infections. On the other hand, vitamin A is known to play an important role in maintaining the integrity of the respiratory epithelium and enhancing the immune system. This study aims to determine the relationship between age and vitamin A supplementation with the incidence of ARI among toddlers in the working area of Yosomulyo Public Health Center, Metro City. This study aimed to determine the relationship between age and vitamin A supplementation with the incidence of acute respiratory tract infections (ARI) among children under five in the working area of Yosomulyo Health Center, Metro City. The study population consisted of all under-five children in the health center's working area, totaling 1,014. A cross-sectional design was employed with a total of 104 respondents selected using accidental sampling techniques. Data were collected through interviews using a structured questionnaire and analyzed using the Chi-square test.

This research is a quantitative study using a cross-sectional design. The population of this study consisted of all toddlers in the working area of Yosomulyo Public Health Center, totaling 1,019 toddlers. Based on sample size calculation, 104 respondents were selected. The sampling technique used was accidental sampling. Data were collected through interviews using a checklist sheet and analyzed using the Chi-Square test.

The results showed that 47.1% of toddlers were aged ≤ 3 years. A total of 20.2% of respondents had not received vitamin A supplementation. Respondents who experienced Acute Respiratory Infection (ARI) amounted to 66.3%. Statistical tests indicated a significant relationship between toddler age and the incidence of ARI, with a p-value of 0.000 (≤ 0.05). In addition, vitamin A supplementation also showed a significant relationship with the incidence of ARI, with a p-value of 0.002 (≤ 0.05).

In conclusion, both age and vitamin A supplementation are significantly associated with the incidence of ARI in toddlers. These findings emphasize the need to strengthen vitamin A supplementation programs and raise parental awareness on the importance of child nutrition and disease prevention, especially in vulnerable age groups.

Keywords: Vitamin A, Acute Respiratory Infection (ARI), Toddlers

References: 27 (2010–2024)