

ABSTRAK

FAKTOR RISIKO TERJADINYA KECURIGAAN INFEKSI SALURAN KEMIH PADA BALITA USIA 6 HINGGA 59 BULAN DI DAERAH PESISIR

Fariz Hidayat, Omega Mellyana, Rina Pratiwi

Bagian Ilmu Kesehatan Anak Fakultas Kedokteran Universitas Diponegoro

RS dr.Kariadi Semarang

Latar belakang: Infeksi saluran kemih (ISK) pada balita merupakan masalah kesehatan signifikan dengan prevalensi sebanyak 15% secara global. Penyebab yang paling sering terjadinya ISK adalah bakteri *Escherichiae Coli* yang dimana banyak ditemukan di area traktus gastrointestinal. Kondisi host dan kondisi lingkungan juga menjadi faktor penyebab terjadinya ISK pada balita.

Tujuan: Menganalisis faktor risiko kecurigaan ISK pada balita di Desa Jeruksari, Kabupaten Pekalongan, termasuk self hygiene, nutrisi, riwayat ASI eksklusif, infeksi cacing, dan diare kronis.

Metode: Penelitian observasional analitik dengan rancangan cross-sectional dilakukan di Desa Jeruksari, Kabupaten Pekalongan, Jawa Tengah, pada periode Maret–Juli 2022. Subjek penelitian adalah 95 anak balita berusia 6–59 bulan. Pengumpulan data meliputi pengukuran antropometri, pemeriksaan urinalisis, dan pengisian kuesioner. Analisis data dilakukan menggunakan uji Chi-Square dilanjutkan regresi logistik multivariat.

Hasil: Prevalensi kecurigaan ISK pada subjek penelitian mencapai 36,8%. Hasil analisis bivariat menunjukkan bahwa stunting (OR = 26,72; 95% CI: 8,46–84,46), *self hygiene* buruk (OR = 170; 95% CI: 20,7–1.390), asupan kalori kurang (OR = 7,55; 95% CI: 2,85–20), dan asupan protein kurang (OR = 6,41; 95% CI: 1,85–22,18) secara signifikan berhubungan dengan kecurigaan ISK ($p < 0,05$). Pada analisis multivariat, stunting (OR = 38,5) dan *self hygiene* buruk (OR = 208,16) terbukti sebagai faktor risiko paling dominan.

Kesimpulan: Stunting dan *self hygiene* yang buruk merupakan faktor risiko utama kecurigaan ISK pada balita di lokasi penelitian.

Kata kunci: stunting, infeksi saluran kemih, balita, daerah pesisir, urinalisis

ABSTRACT

RISK FACTORS FOR SUSPECTED URINARY TRACT INFECTION IN TODDLERS AGED 6 TO 59 MONTHS IN COASTAL AREAS

Fariz Hidayat, Omega Mellyana, Rina Pratiwi
Pediatric Division Diponegoro University
dr.Kariadi Hospital Semarang

Background: Urinary tract infection (UTI) in toddlers is a significant health problem, with a global prevalence of approximately 15%. The most common cause of UTI is the bacterium *Escherichia coli*, which is frequently found in the gastrointestinal tract. Host conditions and environmental factors also contribute to the occurrence of UTI in toddlers.

Objective: To analyze the risk factors associated with suspected UTI in toddlers in Jeruksari Village, Pekalongan Regency, including self-hygiene, nutrition, history of exclusive breastfeeding, worm infection, and chronic diarrhea.

Method: An analytical observational study with a cross-sectional design was conducted in Jeruksari Village, Pekalongan Regency, Central Java, from March to July 2022. The study subjects consisted of 95 children aged 6–59 months. Data collection included anthropometric measurements, urinalysis examinations, and questionnaire administration. Data analysis was performed using the Chi-square test followed by multivariate logistic regression.

Results: The prevalence of suspected UTI among the study subjects was 36.8%. Bivariate analysis showed that stunting (OR = 26.72; 95% CI: 8.46–84.46), poor self-hygiene (OR = 170; 95% CI: 20.7–1,390), inadequate calorie intake (OR = 7.55; 95% CI: 2.85–20), and inadequate protein intake (OR = 6.41; 95% CI: 1.85–22.18) were significantly associated with suspected UTI ($p < 0.05$). Multivariate analysis confirmed that stunting (OR = 38.5) and poor self-hygiene (OR = 208.16) were the most dominant risk factors.

Conclusion: Stunting and poor self-hygiene are the main risk factors for suspected UTI in toddlers at the study location.

Keywords: stunting, Urinary tract infection, toddlers, coastal areas, urinalysis