

ABSTRAK

Tuberkulosis (TBC) masih menjadi masalah kesehatan di wilayah pesisir yang memiliki karakteristik lingkungan dan sosial ekonomi yang khas. Kabupaten Cilacap merupakan salah satu daerah pesisir dengan jumlah kasus TBC yang relatif tinggi. Penelitian ini bertujuan untuk menganalisis pengaruh sanitasi lingkungan rumah, karakteristik individu, dan dukungan keluarga terhadap kejadian TBC di wilayah pesisir Kabupaten Cilacap.

Penelitian ini menggunakan desain analitik observasional dengan pendekatan kasus kontrol. Populasi kasus adalah seluruh responden yang terkonfirmasi TBC bakteriologis selama bulan September – Desember 2025. Sampel penelitian diambil dengan total sampling sebanyak 164 penderita TBC dan 164 tetangga penderita sehingga didapatkan rasio 1:1. Variabel independen meliputi umur, jenis kelamin, pendidikan, pekerjaan, status merokok, riwayat kontak dengan pasien TBC, dukungan keluarga, suhu, kelembaban, kepadatan hunian, ventilasi, dan pencahayaan. Variabel dependen adalah kejadian TBC di wilayah pesisir. Data penelitian berupa data sekunder (SITB, TB-16, SKUDR) dan data primer (kuesioner penelitian). Analisis data dilakukan secara univariat, bivariat menggunakan uji Chi-square, dan multivariat menggunakan regresi logistik.

Hasil analisis menunjukkan variabel yang mempengaruhi kejadian TBC adalah pencahayaan (p value 0,000; OR = 7,690), status merokok (p value 0,000; OR = 3,531) dan ventilasi rumah (p value 0,000; OR = 3,314). Variabel yang tidak berpengaruh adalah umur, jenis kelamin, pendidikan, pekerjaan, riwayat kontak dengan pasien TBC, dukungan keluarga, suhu, kelembaban, dan kepadatan hunian. Penelitian menunjukkan risiko TBC di wilayah pesisir yaitu pencahayaan, ventilasi, dan status merokok. Upaya pencegahan TBC perlu difokuskan pada perbaikan ventilasi rumah, pencahayaan dan pengendalian perilaku merokok.

Kata kunci: TBC, wilayah pesisir, pencahayaan, ventilasi rumah, status merokok.

ABSTRACT

Tuberculosis (TB) remains a public health problem in coastal areas that have distinctive environmental and socioeconomic characteristics. Cilacap Regency is one of the coastal regions with a relatively high number of TB cases. This study aimed to analyze the effects of household environmental sanitation, individual characteristics, and family support on the incidence of TB in the coastal area of Cilacap Regency.

This study used an analytical observational design with a case–control approach. The case population consisted of all respondents with bacteriologically confirmed tuberculosis (TB) during September–December 2025. The study sample was obtained using total sampling, involving 164 TB patients and 164 neighbors of the patients, resulting in a 1:1 ratio. The independent variables included age, sex, education, occupation, smoking status, history of contact with TB patients, family support, temperature, humidity, occupancy density, ventilation, and lighting. The dependent variable was the incidence of tuberculosis in coastal areas. The research data consists of secondary data (SITB, TB-16, SKUDR) and primary data (research questionnaire). Data analysis was conducted using univariate analysis, bivariate analysis with the Chi-square test, and multivariate analysis using logistic regression.

The results of the analysis showed that the variables influencing the incidence of tuberculosis were lighting (p -value 0.000; OR = 7.690), smoking status (p -value 0.000; OR = 3.531), and home ventilation (p -value 0.000; OR = 3.314). Variables that were not associated with tuberculosis incidence included age, sex, education, occupation, history of contact with TB patients, family support, temperature, humidity, occupancy density, and housing crowding.

The study shows that the risk factors for tuberculosis in coastal areas are lighting, ventilation, and smoking status. Tuberculosis prevention efforts need to focus on improving home ventilation and lighting, as well as controlling smoking behavior.

Keywords: *TB, coastal area, lighting, household ventilation, smoking status*