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OPTIMIZE APPLICATION PHBs SOCIETY IN REDUCING THE OCCURRENCE OF ACUTE RESPIRATORY TRACT INFECTIONS (ARI) IN THE HEALTH NELAYAN, GRESIK Hasyim As'ari, Suriana, Tumini Nursing Department Health Polytechnic Surabaya Email: hasyimazhar@yahoo.com, suriana70@gmail.com, ABSTRACT Background Application of Low PHBs in community nutrition leading to high proliferation of influenza virus cause of ARI and immune deficiencies, especially toddlers that can lead to the body's resistance to disease decreases. Decline in the body, enables the invasion of influenza viruses that cause acute respiratory infections (ARI) in children under five. Method Community service activities aims to find a decrease in the incidence of ARI after efforts fostering the implementation of PHBs in society. Design Cross-sectional. Population toddlers. Total Sampling data retrieval techniques. Analysis of frequency distributions. Results of activity shows the implementation of PHBs increased by 35% and the incidence of Acute Respiratory Infections (ARI) before and after activities decreased by 30%, meaning an increase in the implementation of PHBs may decrease the incidence of Acute Respiratory Infections (ARI) with Nutritional Status Toddler. Results Suggestions for improvement of environmental conditions and improve the ability of parents in the prevention of disease Acute Respiratory Infections (ARI) through peningkatan pelaksanaan PHBs optimizing the role of Posyandu, community leaders and government (PHC) with counseling and monitoring. Keywords: Acute Respiratory Infections, PHBs, Toddler INTRODUCTION occurs Acute Respiratory Infections (ARI) in

children under five. Health is one of the basic human needs that Promotive been done by health centers to are absolute and is one of the factors that determine provide counseling Nelayan and motivation through the quality of human resources (Depkes 2008). posyandu so that people immediately went to the Health status is influenced by several environmental health center if there are signs of ARI and curative factors, genetic and behavior. Health promotion is efforts to provide 24-hour medical services. one effort in improving human behavior change in Prevention efforts with health promotion and health(Soekidjo,2006). implementation of PHBs in daily life - a day to Data East Java Provincial Health Office in prevent ARI ( Kemenkes 2011) has not been 2011, from 38 districts / cities rank second incidence specifically implemented yet ARI remains high, thus of disease in the community is as much as 60 372 optimizing the role of Posyandu (Kemenkes,2012), inhabitants ISPA and Gresik most as many as 8798 community and government through the health center people. Nelayan at the health center Gresik in 2011 is required commitments from various parties, reached the highest incidence of ARI in 1334, the especially policy makers at all levels with carry out data in 2014 ARI in children under five increased to advocacy and outreach ARI control in the 35% to the 3650's and in 2015 as many as 2803 achievement of health goals nationally, regionally children. The incidence of Acute Respiratory and internationally through the strengthening of Infections (ARI) can occur due to lack of internal and external networks (Kemenkes,2011). implementation of PHBs in the community include home sanitation and poor ventilation (Triska SN and Lilis S 2005), the density of dwelling houses, measles immunization coverage is low, low birth weight, low RESEARCH METHOD breastfeeding exclusive and malnutrition (Gibney The population of children under five patients with 2005). Lack of implementation of PHBs result in Acute Respiratory Infections (ARI) in the Village lower resistance to disease decreases, thus Lumpur Gresik 147. Total Sampling Techniques of simplifying the invasion of influenza viruses and data retrieval. Tabulation of data analysis with frequency distribution. RESULTS ARI in Toddlers and Children before and after community service, in May and June 2016. Age / Age / year Genesis ISPA year Before After 0-1 25 (23%) 15 (20%) 1-5 62 (57%) 49 (65%) 5-12 20 (20%) 11 (15%) Total 107 (100%) 75 (100%) Based on the above table shows the incidence of ARI before and after the incident pengabmas 107 pengabmas dropped to 75 events (down 30%). Table implementation of PHBs in daily life - a day to prevent ARI in Village Lumpur, Gresik before and after community service, in May and June 2016. activity mplementation Before After Increase Percent Personal and environmental hygiene 339 717 378 35 Sport 11 66 55 77 Fulfillment Nutrition 56 67 11 8,9 Total 406 850 444 35 Data table above shows the implementation of ISPA PHBS prevention in everyday life - the day after the community service activities increased by 35% DISCUSSION Data shows the implementation of ISPA PHBS prevention in everyday life - the day after the community service activities increased by 35% decreased the incidence of ARI by 30%. Application of PHBs are not optimal in society lead to facilitate breeding of influenza virus, the less nutritional and immune deficiency toddlers. Malnourished children is a host that has a low body resistance resulting immune response and decreased growth in children. Reduced immunity, resulting in the immune system will facilitate the invasion of influenza viruses and occurs Acute Respiratory Infections (ARI) in children under five. This is in accordance with the opinion of Gibney 2005 people who have poor nutrition are more likely to experience diarrhea, malaria, respiratory infections, and have a greater likelihood of suffering from all diseases with long duration of time. People who are poorly nourished are more likely to experience residual symptoms (sequelae) due to common infections that will weaken their circumstances. Toddlers are particularly

vulnerable to various health problems so that if malnutrition then it will be very vulnerable to infection (Kemenkes RI,2011). Environmental factors such as population density and pollution-free air containing particles (environment) is the trigger irritation of the respiratory tract. Irritation of the respiratory tract will facilitate the entry of influenza virus (agent) which is the trigger respiratory infection (Misnadiarly,2008). Three factors that can cause pain, disability, incapacity or death of a man, namely: Agent / disease, Human / Host and Environment / Environment (Chandra,2006). Based on observations of researchers showed that some of the things that can trigger the occurrence of ARI in Village Lumpur Gresik among other densely populated settlements, and environmental hygiene is still lacking, smoking habits in the family (Kemenkes 2011). In addition Toddlers as the hosts have a role in the occurrence of respiratory infections, nutritional status may influence susceptibility to infection, and vice versa. Efforts [to improve the ability of people to do through learning from, by, for and with the community, so they can help themselves,](#) as well as [develop](#) activities resourceful [community, based](#) on local culture and supported by sound public health policy (Dirjen P2ML,2000). CONCLUSIONS AND RECOMMENDATION Conclusion Improved implementation of ISPA prevention PHBs in daily life - a day can reduce the incidence of ARI Recommendation a. Improving the condition of the environment and improve the ability of parents in the prevention of disease Acute Respiratory Infections (ARI) b. Improved nutritional status of children through the optimization of the role of Posyandu, community leaders and government (PHC) with counseling, monitoring and provision of supplementary food. REFERENSI [Chandra,B.,2006, Pengantar Kesehatan Lingkungan, EGC, Jakarta.](#) Depkes RI ,2008, Pelayanan Kesehatan Anak di Rumah Sakit, Jakarta. Dirjen P2ML.,2000,Modul Pelatihan ISPA Untuk Petugas. Jakarta. Gibney,M.J,2005, Gizi Kesehatan Masyarakat, EGC, Jakarta, Googl Book, akses tanggal 10 Juli 2014. Kemenkes [RI,2011, Pedoman Pengendalian Infeksi Saluran Pernafasan Akut, Jakarta.](#) [Kemenkes RI,](#) 2011, Pedoman Pembinaan Perilaku Hidup Bersih dan Sehat, Jakarta. [Kemenkes RI,2011, Pedoman Pengembangan Kawasan Tanpa Rokok, Jakarta](#) [Kemenkes RI,2012, Panduan Posyandu, Jakarta](#) [Misnadiarly,2008, Penyakit Infeksi Saluran Nafas Pneumoni pada Anak, Orang Dewasa, Usia Lanjut, Pneumoni Atipik dan Atpik Micobakterium, Pustaka Obor, Jakrata, Google Book diakses tanggal 10 Agustus 2014.](#) [Nursalam,2008, Konsep Dan Penerapan Metodologi Penelitian Ilmu Keperawatan. Salemba Medika](#) Jakarta. Soekidjo Notoatmodjo,2006, Dasar-Dasar Keperawatan Kesehatan Masyarakat. Jakarta Sudoyo, A.W., Ilmu Penyakit Dalam, Jilid I, edisi IV, FKUI, Jakarta. [Triska S.N. dan Lilis S .,2005, Hubungan Sanitasi Rumah dengan Kejadian ISPA, Jurnal Kesehatan Lingkungan, Vol.2, No.1, Juli 2005 : 43-52.](#) 66 67 68