

HUBUNGAN FREKUENSI KONSUMSI MAKANAN DAN MINUMAN CEPAT SAJI DENGAN TONSILITIS PADA PASIEN ANAK DI RS ADVENT BANDAR LAMPUNG

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ABSTRAK

Latar Belakang: Tonsilitis adalah peradangan tonsil palatina yang sering dialami anak usia 5-15 tahun. Salah dua faktor risiko adalah konsumsi makanan dan minuman cepat saji. Penelitian ini bertujuan untuk menganalisis hubungan konsumsi makanan dan minuman cepat saji terhadap kejadian tonsilitis.

Metode: Penelitian ini menggunakan pendekatan analitik observasional dengan desain case control. Data dikumpulkan dari 52 responden yang terbagi menjadi 26 orang kelompok kasus dan 26 orang kelompok control. Teknik pengambilan sampel pada penelitian ini adalah *consecutive* sampling. Data diambil dari responden anak usia 5-15 tahun yang berobat ke poli THT-KL RS Advent, kemudian disebariskan kuesioner SQ-FFQ makanan dan minuman cepat saji dan kemudian berkonsultasi dengan dokter ahli untuk mendapatkan diagnosis. Penilaian dilakukan berdasarkan frekuensi konsumsi makanan dan minuman cepat saji. Frekuensi konsumsi dikelompokkan menjadi sering (skor \geq median) dan jarang/tidak pernah (skor $<$ median). Analisis dilakukan dengan uji bivariat menggunakan Chi-square.

Hasil: Dari hasil analisis univariat, subyek penelitian terdiri atas laki-laki sebanyak 27 orang (51,9%) dan perempuan sebanyak 25 orang (48,1%). Subyek dengan diagnosis tonsilitis sebanyak 26 orang (50,0%) dan bukan tonsilitis sebanyak 26 orang (50,0%). Subyek dengan frekuensi mengonsumsi makanan cepat saji sering sebanyak 25 orang (48,1%) dan jarang sebanyak 27 orang (51,9%). Selain itu, subyek dengan frekuensi mengonsumsi minuman cepat saji sering sebanyak 23 orang (44,2%) dan jarang sebanyak 29 orang (55,8%). Konsumsi makanan cepat saji lebih dari 2 kali sehari memiliki hubungan sangat signifikan dengan kejadian tonsilitis ($p=0,000$). Konsumsi minuman cepat saji juga menunjukkan hasil sangat signifikan ($p=0,000$).

Kesimpulan: Frekuensi konsumsi makanan dan minuman cepat saji yang tinggi ($OR : 23.100$ dan 14.929) memiliki hubungan yang signifikan dengan kejadian tonsilitis pada anak usia 5-15 tahun. Edukasi terkait pola makan sehat diperlukan untuk menurunkan risiko tonsilitis pada kelompok usia ini.

Kata kunci: Anak, makanan cepat saji, minuman cepat saji, tonsilitis.

THE ASSOCIATION BETWEEN FREQUENCY OF FAST FOODS AND BEVERAGES CONSUMPTION WITH TONSILLITIS IN CHILDREN IN THE ADVENT HOSPITAL BANDAR LAMPUNG

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ABSTRACT

Background: Tonsillitis is an inflammation of the palatine tonsils, commonly affecting children aged 5–15 years. One of the risk factors is the consumption of fast food and beverages. This study aims to analyze the relationship between fast food and beverage consumption and the incidence of tonsillitis.

Methods: This study used an observational analytical approach with a case-control design. Data were collected from 52 respondents who were divided into 26 people in the case group and 26 people in the control group. The sampling technique in this study was consecutive sampling. Data were taken from child respondents aged 5–15 years who were treated at the ENT clinic of Advent Hospital Bandar Lampung, then distributed the SQ-FFQ fast foods and beverages questionnaire and then consulted a specialist doctor to get a diagnosis. The assessment was based on the frequency of fast foods and beverages consumption. The frequency of consumption was grouped into often (score \geq median) and rarely/never (score $<$ median). Analysis was carried out using a bivariate test using Chi-Square.

Results: From the results of the univariate analysis, the study subjects consisted of 27 men (51.9%) and 25 women (48.1%). Subjects with a diagnosis of tonsillitis were 26 people (50.0%) and not tonsillitis were 26 people (50.0%). Subjects with a frequency of consuming fast food often were 25 people (48.1%) and rarely were 27 people (51.9%). In addition, subjects with frequent consumption fast beverage were 23 people (44.2%) and rarely were 29 people (55.8%). Consumption of fast food more than 2 times a day had a very significant relationship with the incidence of tonsillitis ($p= 0.000$). Consumption fast beverage also showed very significant results ($p= 0.000$).

Conclusion: High-frequency consumption of fast food and beverages (OR: 23.100 and 14.292) is significantly associated with the incidence of tonsillitis in children aged 5–15 years. Education on healthy eating habits is essential to reduce the risk of tonsillitis in this age group.

Keywords: Children, fast beverages, fast foods, tonsillitis