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Knowledge Relationship With Bronchial Asthma Prevention Effort At Home Regional General Hospital (RSUD) Kaur Year 2022

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ABSTRACT
Intoduction: Asthma is a serious global health problem and needs to be addressed. The incidence of asthma sufferers based on data from the Kaur Regional General Hospital (RSUD) for 2019-2021 found that the incidence of recurrence of bronchial asthma in 2019 was 40 people, in 2020 there were 50 people, and in 2021 there were 63 people. The purpose of this study was to find out the relationship between knowledge and efforts to prevent bronchial asthma at Kaur Hospital, Kaur Regency in 2022.
The research design used is a type of quantitative research with a cross sectional approach. The data collection tool uses a questionnaire as a research instrument. The number of samples is 63 people in total sampling. Data analysis was performed univariately and bivariately (using the chi square test with α=0.05).
The results showed that almost some of the respondents had good knowledge, most of the respondents were good at preventing bronchial asthma and there was a significant relationship between knowledge and efforts to prevent bronchial asthma at Kaur Hospital, Kaur District in 2022. It is hoped that Kaur Hospital can improve health promotion at the hospital regarding the prevention of bronchial asthma.

INTRODUCTION

Asthma is a chronic inflammatory disease that usually infects the respiratory tract, and can result in airway hyperresponsiveness which is usually characterized by recurrent episodic symptoms such as coughing, shortness of breath, wheezing and a feeling of heaviness in the chest, especially at night and early morning which are generally reversible. both with and without treatment (Gina, 2006 in Adi Putra, 2018).

Asthma is a serious global health problem and needs to be addressed. The incidence of asthma sufferers from countries that experience asthma disorders so that if it is not controlled it can increase morbidity, the symptoms will get worse and interfere with daily activities and can be fatal. Asthma is a burden for sufferers, not only in terms of health care but sufferers also experience work productivity and family functioning (Fadzila, 2018).

World Health Organization (2020) the number of asthma sufferers in the world is estimated to reach 300 million people and is expected to increase to 400 million in 2025. The death rate caused by asthma worldwide is expected to increase by 20% in the next 10 years, if not properly controlled . Asthma is the top five diseases that contribute to death in the world with a prevalence reaching 17.4%. The prevalence of asthma worldwide in the last 10 years has increased by 50% (WHO, 2020).

Asthma in Indonesia is included in the top ten causes of morbidity and mortality in children and adults. Based on data from the Indonesian Ministry of Health from 2018 to 2020, the prevalence of asthma in Indonesia in 2020 at all ages by province is 2.4%. Based on the 2020 Household Health Survey (SKRT), bronchial asthma is the 4th cause of death in Indonesia at 5.6% (Ministry of Health RI, 2020).

Asthma is an incurable disease, existing medicines only function to suppress symptoms of recurrence such as coughing, wheezing, narrowing of the chest cavity, shortness of breath, fatigue after exercise and difficulty sleeping due to coughing and difficulty breathing. Asthma is divided into two types based on the trigger factor, namely the extrinsic factor of asthma which often occurs because it is responsive to triggers originating from allergens and internal factors that occur such as psychological factors (Adi Putra, 2018).

Bronchial asthma is a type of long-term or chronic disease of the respiratory tract which is characterized by inflammation and narrowing of the airways which causes tightness or difficulty breathing. Apart from difficulty breathing, people with asthma can also experience other symptoms such as chest pain, coughing and wheezing. Asthma can be suffered by all age groups, both young and old (Mahmudi, 2015).

Brochial asthma is a chronic inflammatory disorder of the airways. The basis of the disease is bronchial hyperactivity and airway obstruction.

Asthma symptoms are difficulty breathing (shortness of breath), productive cough, especially at night or early in the morning, and feeling chest pressure (RISKESDAS, 2018). Knowledge about bronchial asthma is very important in the management and control of bronchial asthma flares. Patients and

families who understand bronchial asthma will be aware of the dangers faced when suffering from bronchial asthma so that patients will try to avoid triggering factors such as bronchial asthma, exercise, allergens, smoke, dust, strong odors, colds, viruses, emotions, stress, weather and pollution (Ningrum, 2018).

Individuals who have bronchial asthma, their respiratory tract is more sensitive than other people. When the lungs are irritated, the muscles of the respiratory tract become stiff and make the passage narrow and there will be an increase in phlegm production which makes breathing even more difficult (PDPI, 2017). Individuals must attend counseling to increase client knowledge about bronchial asthma so that clients consciously avoid precipitating factors, use drugs properly, and consult the health team. Patients need to be helped to identify triggers for bronchial asthma attacks that are in their environment, taught how to avoid and reduce trigger factors, including adequate fluid intake for clients (Indaryani, 2019).

Based on the results of research conducted by Astuti, et al. 2018 with the title of the relationship between knowledge and efforts to prevent bronchial asthma recurrence. The results showed that knowledge was in the good category with 69 respondents (81.2%) and efforts to prevent asthma recurrence were in the good category with 65 respondents (76.5%). The results of data analysis obtained P-Value = 0.002 so that H0 was rejected, which means that there is a relationship between knowledge and efforts to prevent recurrence of bronchial asthma in patients at the Pulmonary Polyclinic, Dr. Zainoel Abidin Banda Aceh.

RESEARCH METHODS

The research design used by researchers is analytic descriptive method, namely research that aims to explain each of the variables studied. Data interpretation was carried out using a cross sectional approach, namely research using variable measurements at the same time (Notoatmodjo, 2014).

Data Collection

a. Primary data

To obtain complete and objective data, one of the data collection techniques is selected. primary data collection in this study using a questionnaire that was directly given to Asthma Patients.

b. Secondary Data

Secondary data in this study were data obtained from all Asthma patients who visited Kaur Hospital.

Data Processing

a. Data Check (Editing)

The data that has been collected is checked as soon as possible which includes the completeness of the data.

b. Data Coding (Coding)

Coding is done to facilitate the processing of data. The activity carried out is to provide a code with a predetermined number to fill in a check list that has been prepared beforehand.

c. Recoding (Recoding)

Re-code answers that have not been grouped into certain categories to facilitate further analysis.

d. Data Entry

Data that has been completed into the computer into the fields that have been prepared.

e. Data Checking and Cleaning (Checking and Cleaning).

Bivariate Analysis

The data that has been collected is in the form of a frequency distribution table, then it will be entered into the Chi Square formula ($X2$). in SPSS Version 20. Bivariate analysis is an analysis carried out to determine the relationship between two variables which include the independent variable and the dependent variable (Arikunto, 2010). Bivariate analysis was conducted to determine whether there is a relationship between knowledge and efforts to prevent bronchial asthma.

RESULTS

Bivariate Analysis

Bivariate analysis was carried out to see the relationship between the independent variables and the dependent variable, namely:.

Table 1 Relationship between Knowledge and Efforts to Prevent Bronchial Asthma at Kaur District Hospital, Kaur District in 2022

Pengetahuan	Upaya Pencegahan Asma Bronkial				Total		χ²	P
	Kurang		Baik					
	F	%	F	%	F	%		
Kurang	15	78,9	4	21,1	19	100	26,816	0,000
Cukup	6	31,6	13	68,4	19	100		
Baik	1	4,0	24	96,0	25	100		

Sumber: Data primer yang diolah

It is known that of the 19 respondents with less knowledge, there were 4 (21.1%) respondents who were good at preventing bronchial asthma. Meanwhile, of the 19 respondents who had sufficient knowledge, there were 6 (31.6%) respondents who lacked efforts to prevent bronchial asthma. Furthermore, from 25 respondents with good knowledge, there was 1 (4.0%) respondent lacking in efforts to prevent bronchial asthma.

Based on the results of the analysis of the Chi-Square test (pearson chi square) the value of χ² is 26.816 with an asymp.sig value (p) = 0.000 which means less than α = 0.05, it can be concluded that there is a significant relationship between knowledge and efforts to prevent Asthma Bronchial at Kaur Hospital, Kaur District in 2022.

DISCUSSION

Relationship between Knowledge and Efforts to Prevent Bronchial Asthma at Kaur District Hospital, Kaur District, in 2022.

Based on the results of the study, it was obtained from 19 respondents with less knowledge, there were 4 (21.1%) respondents who were good at preventing bronchial asthma. Meanwhile, of the 19 respondents who had sufficient knowledge, there were 6 (31.6%) respondents who lacked efforts to prevent bronchial asthma. Furthermore, from 25 respondents with good knowledge, there was 1 (4.0%) respondent lacking in efforts to prevent bronchial asthma. This condition is due to a lack of information about asthma to support their knowledge about asthma is also low, prevention efforts are lacking, there are sufferers' misunderstandings about several things related to asthma prevention efforts, most asthma sufferers have the wrong perception of excessive work, sufferers think Hanging out with smokers and wearing masks are not triggers for asthma.

This study is in accordance with research (Wardani, 2012), which states that lack of knowledge is caused by a lack of public awareness to obtain information about asthma from print and electronic media. This causes their knowledge about asthma to be lacking.

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The results of this study are in accordance with the theory of Notoatmodjo (2012) factors influencing knowledge consist of internal and external factors of a person such as level of education, employment, age, environmental factors, socio-culture. In research, it is clear that knowledge is not a single variable that can influence a person to act in the prevention of bronchial asthma.

Based on the results of the analysis of the Chi-Square test (pearson chi square) the value of χ² is 26.816 with an asymp.sig value (p) = 0.000 which means less than α = 0.05, it can be concluded that there is a significant relationship between knowledge and efforts to prevent Asthma Bronchial at Kaur Hospital, Kaur District in 2022. This means that respondents who have less knowledge, it will be more likely that they will be lacking in efforts to prevent bronchial asthma and conversely if respondents have good knowledge, the better they will be in efforts to prevent bronchial asthma.

Knowledge provides direction for patients to make choices about the right behavior, so as to prevent further asthma (Andayani, 2014). The results of this study are supported by research conducted by Astuti, R., & Darliana, D. (2018), stating that the education level of respondents has a fairly high role in the ability to understand asthma. In this study, the education of the most respondents was secondary education, namely 49 respondents (77.8%). Education can facilitate a person to get information about the causes of recurrent asthma so that patients understand and avoid the factors that can cause recurrent attacks. The results of this study are supported by (Ana, 2015), stating that knowledge about asthma can provide motivation for patients to make efforts to prevent recurrence by avoiding allergens, stress, emotions, air pollution, fatigue, and exercise. In this study, the male sex (60%) was more exposed to bronchial asthma. The results of this study were also supported by research conducted by

(Husna, 2014, p, 82), stating that men are more exposed to bronchial asthma, this is because men tend to have a heavier workload, style inappropriate life. In addition, smoking can also trigger a recurrence of bronchial asthma.

The results of this study were supported by research (Hasneli (2019), showing that the majority of respondents were aged 30-39 years, namely 18 people (32.7%) of patients. In addition, with increasing age there will be a decrease in lung function and airway inflammation This is due to bronchial hyperreactivity to allergens.The results of this study are supported by (Ana, 2019), stating that knowledge about asthma can provide motivation for patients to make efforts to prevent bronchial asthma by avoiding triggering factors such as: allergens, stress, emotions , air pollution, fatigue, and exercise. Furthermore, the results of this study were also supported by research (Husna, 2017), stating that men are more exposed to bronchial asthma, this is because men tend to have a greater workload weight, improper lifestyle.In addition, smoking can also trigger bronchial asthma.

The results of this study are in line with the research of Astuti, R., & Darliana, D. (2018). at the Pulmonary Polyclinic at the Regional General Hospital dr. Zainoel Abidin Banda Aceh, showed that there is a relationship between knowledge and efforts to prevent bronchial asthma recurrence in patients. with a P-Value = 0.002. Nurhasah's research (2018) in the Work Area of the Karang Mulya Health Center, Bekasi Regency, in 2018, showed that there was a relationship between knowledge and the incidence of recurrence of bronchial asthma.

CONCLUSIONS AND RECOMMENDATIONS

Conclusions

Based on the results of the research that has been done, the following conclusions can be drawn:
1. Almost half of the respondents have good knowledge at Kaur District Hospital, Kaur District, in 2022.
2. Most of the respondents are good at preventing bronchial asthma at Kaur District Hospital in 2022.
3. There is a significant relationship between knowledge and efforts to prevent bronchial asthma at Kaur Hospital, Kaur District, in 2022.

Recommendations

It is hoped that the results of this study can be continued by other researchers by increasing the number of variables and the number of research samples, so that it is expected to strengthen the decisions to be taken. It is hoped that the results of this study can be used as information and serve as input for stakeholders It is hoped that students will be able to use the knowledge they have to carry out CIE in an effort to prevent bronchial asthma. to be able to make decisions and solve problems, especially efforts to prevent bronchial asthma.

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