

ABSTRAK

STUDI KASUS FAKTOR GAYA HIDUP PENDERITA TBC PARU

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Tuberkulosis paru merupakan penyakit infeksi yang menyerang parenkim paru-paru, disebabkan oleh *Mycobacterium Tuberculosis*. Tujuan penelitian ini adalah menggambarkan gaya hidup penderita tuberkulosis paru. Pengumpulan data menggunakan data sekunder dari 5 jurnal. Hasil penelitian menunjukkan gaya hidup penderita TBC paru mayoritas dengan jenis gaya hidup *sustainers* yang teridentifikasi dari faktor pendapatan, pendidikan dan usia, sedangkan faktor gaya hidup pencegahan penularan TBC pada keluarga dipengaruhi oleh: pengetahuan baik (71,35%), sikap positif (50,55%), sikap negatif (49,45%), dan pengetahuan kurang (28,65%). Keluarga dan penderita tuberkulosis paru diharapkan dapat menerapkan tindakan pencegahan penularan melalui rutin minum obat, rutin control, dan perilaku hidup bersih dan sehat. Petugas Kesehatan diharapkan dapat meningkatkan sosialisasi kepada penderita TB, keluarga, dan masyarakat terkait tindakan pencegahan penularan TB.

Kata kunci : Tuberculosis; Gaya hidup

ABSTRACT

CASE STUDY OF THE LIFESTYLE FACTORS OF PULMONARY TUBERCULOSIS PATIENTS

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Pulmonary tuberculosis is an infectious disease that attacks the lung parenchyma, which is caused by Mycobacterium Tuberculosis. The purpose of this study is to describe the lifestyle of patients with pulmonary tuberculosis. Data collection uses secondary data from 5 journals. The results showed that the lifestyle of the majority of pulmonary tuberculosis sufferers with the type of lifestyle of sustainers identified from income, education and age factors, while lifestyle factors preventing TB transmission to the family were influenced by: good knowledge (71.35%), positive attitude (50, 55%), negative attitude (49.45%), and lack of knowledge (28.65%).. Family and sufferers of pulmonary tuberculosis are expected to be able to implement transmission prevention measures through routine medication taking, routine control, and clean and healthy lifestyle behaviors. Health workers are expected to increase socialization to TB patients, families, and the community related to TB prevention measures.

Keywords: Tuberculosis; Lifestyle.