Perbedaan Frekuensi Serangan Asma pada Pasien Dengan
dan Tanpa Lingkungan Perokok Tembakau

Difference of Asthma Attack Frequency in Patients With
and Without Tobacco Smoking Environment

Neovita Kriesna Lauranita
Fakultas Kedokteran, Universitas Sebelas Maret

ABSTRACT

Background. Asthma can be prevented if its pathogenesis is well understood. Poorly controlled asthma may cause relapse and poor quality of life. Asthma relapse can be prevented by avoiding trigger factors, one of which is exposure to tobacco smoke. This study aimed to determine the difference in asthma attack frequency between patients with and without tobacco smoke environment.

Methods. This study was analytical observational using cross sectional approach. A sample of 60 asthmatic patients were selected by purposive sampling from May to June 2011 at the Pulmonary Disease Center, RSUD Dr. Moewardi, Surakarta. The independent variable was tobacco smoking environment. The dependent variable was frequency of asthma attack by symptoms including wheezing, cough, and tightness. The dependent variables were measured by a questionnaire administered to the patients with controlled asthma at the moment. Difference in asthma attack frequency was presented in mean and SD. Statistical difference in this frequency was tested by Mann-Whitney on SPSS 16.0 for Windows.

Results. On average the patients living in tobacco smoking environment had more asthma attack frequency per week than those without such an environment, including wheezing (4.70 vs. 3.40; p= 0.020), coughing (4.37 vs. 2.90; p= 0.005), and tightness (4.70 vs. 3.40; p=0.020).

Conclusions. Patients with tobacco smoke environment have more asthma attacks than those without tobacco smoke environment.

Keywords: asthma attacks frequency, smoking environment