

ABSTRAK

Latar Belakang : Perilaku merokok merupakan hal yang masih sering dijumpai di masyarakat meskipun rokok telah dikenal memiliki peranan erat dengan terjadinya penyakit pada banyak sistem tubuh, termasuk penyakit yang melibatkan organ paru-paru. Merokok dapat mempengaruhi kemampuan tubuh dalam mengangkut oksigen (O_2) melalui keterlibatan karbon monoksida (CO) yang secara kompetitif bersaing dengan O_2 dalam berikatan dengan hemoglobin. Hasil survei awal di Kecamatan Medan Johor didapati 44 dari 52 responden merupakan seorang perokok, hal ini menyatakan bahwa jumlah perokok di Kecamatan Medan Johor masih relatif banyak. Hasil dari beberapa penelitian terdahulu mengenai hubungan derajat merokok dengan saturasi oksigen masih menyimpulkan hasil yang saling bertolak belakang

Tujuan : Menganalisis hubungan derajat merokok dengan saturasi oksigen pada perokok di Kecamatan Medan Johor

Metode : Studi analitik potong lintang dengan teknik pengambilan sampel *accidental sampling*. Besar sampel sebanyak 68 perokok yang dihitung menggunakan rumus besar sampel untuk analisis korelatif dan pengujian hipotesis menggunakan analisis *somer's d*. Teknik pengambilan data menggunakan data primer.

Hasil : Dari 68 responden, didapati karakteristik perokok terbanyak yaitu perokok ringan (54,4%), rentang usia 18-39 tahun (53,2%), dan nilai saturasi oksigen normal (95-100%) (72,2%). Tidak ada hubungan antara derajat merokok dan saturasi oksigen ($p = 0,310$) ($p\text{-Value} > 0.05$).

Kesimpulan : Tidak terdapat hubungan antara derajat merokok dengan saturasi oksigen pada perokok di Kecamatan Medan Johor

Kata Kunci : Perokok, Derajat Merokok, Indeks Brinkman, Saturasi Oksigen, Oksimeter Nadi

ABSTRACT

Background : Smoking behavior is something that is still often found in society even though smoking is known to have a role that is closely related to the occurrence of diseases in many systems of the body, including diseases involving the lungs. Smoking can affect the body's ability to transport oxygen (O_2) through the involvement of carbon monoxide (CO) which competitively competes with O_2 by binding to hemoglobin. The results of the initial survey in Medan Johor District found that 44 out of 52 respondents were smokers, this stated that the number of smokers in Medan Johor District was still relatively high. The results of several previous studies regarding the relationship between smoking degree and oxygen saturation still concluded that the results were contradictory

Objective : To analyze the correlation between smoking degree and oxygen saturation on smokers at Medan Johor Sub-District

Methods : Cross-sectional analytical study with accidental sampling technique. The sample size is 68 respondents calculated using the sample size formula for correlative analysis and testing the hypothesis using somer's d analysis. Data collection techniques using primary data.

Results : Obtained from 68 respondents, mostly were light smokers (54.4%), age range 18-39 (53.2%), and normal oxygen saturation values (72.2%). Based on the correlative hypothesis test, a p value is 0.310 ($P \text{ Value} > 0.05$). There was no significance between smoking degree and oxygen saturation ($p = 0.310$) ($p\text{-Value} > 0.05$).

Conclusion : There is no relationship between smoking degree and oxygen saturation among smokers in Medan Johor District

Keywords : Smoker, Smoking Degree, Brinkman Index, Oxygen Saturation, Pulse Oxymeter