

ABSTRACT

The blindness prevalence in Indonesia is somewhat high (0.9%). The biggest cause of blindness in Indonesia is cataract. Cataract prevalence in east java is 7% from the total population. Data from Community Eye Health Center East Java showed that the number of cataract patients increased over the last three years. Cataract occurrence in Indonesia is 10-15 years faster than that of other countries. The purpose of the study was to analyze the risk factor of job characteristics, smoking habits, and vitamin A, C, E deficiency.

This research was an analytical observational study with a case control design. The population was non *Diabetes mellitus* male patients who were over 40 years old and were not working in high risk ultraviolet A and B taken in April 2012. The sample taken was 82 patients with the ratio between case and control was 1:1 using *simple random sampling* technique. Univariate and multivariate analysis were conducted to determine the risk factor of independent variables and dependent variables. The result was considered to have a risk factor when $p < 0.05$. Job characteristic, smoking habit, vitamin A, C, E deficiency were examined risk factor variables. Age, education, occupation, salary were described variables.

The research result was as follow: the distribution of the majority respondents in the age of 65-74 years was 32 respondents, primary school education/equal was 36 respondents, the farmer/fisherman was 33 respondents, and income below the average regional minimum wage of East Java Province was 44 respondents. Distribution of patients with cataract who had outdoor work was 31 respondents, had a smoking habit was 36 respondents, vitamin A deficit was 3 respondents, and all of respondents was deficit vitamin C and E. The most powerfull risk factor was length of outdoor work and the number of cigarettes.

The suggestion was that the healthy lifestyle could prevent cataract such as reducing smoking especially the number of cigarettes, reducing the direct exposure sunlight by using eye protection and increase the consumption of food whom rich in vitamin A, C, and E were widely available in papaya, orange, mango, spinach, kale, beans, and liver.

Keywords: cataract, risk factors