

ABSTRACT

Based on the results of Riskesdas 2018 it is known that the prevalence of chronic kidney disease at a productive age is 1.8%. This value has increased when compared with the prevalence of chronic kidney disease in 2013 (1.3%). The purpose of this study was to analyze the risk factors associated with chronic kidney disease in the productive age in Indonesia.

This study was an observational analytic study with a cross-sectional design. The data used were secondary data sourced from the Indonesian Family Life Survey 5. The research sample was male and female respondents aged 15 to 64 years. The total sample of 29,120 respondents were selected through the total sampling method. The dependent variable of the study was chronic kidney disease. The independent variables of the study were gender, diabetes mellitus, hypertension, obesity, smoking status, education, occupation, and income. The data obtained were analyzed using the Chi-square test and binary logistic regression test.

The results found that of 29,120 respondents of productive age, 387 respondents were suffering from chronic kidney disease with a prevalence of 1.33%. The results of the chi-square analysis showed that the variables that had a relationship with chronic kidney disease in the productive age were sex ($p = 0.0000$; PR = 1.578; 95% CI 1.91-1.929), diabetes mellitus ($p = 0.000$; PR = 2.710 ; 95% CI 1,741-4,218), hypertension ($p = 0.0000$; PR = 2.619; 95% CI 2.077-3.302), obesity ($p = 0.0005$; PR = 1.669; 95% CI 1.247-2.234), smoking status ($p = 0,0004$; PR = 1,434; 95% CI 1,171-1,755), and work ($p = 0,0036$; PR = 1,365; 95% CI 1,106-1,685). From the binary logistic regression test the variable that had a high risk of experiencing chronic kidney disease was hypertension (PR = 2.568; 95% CI 2.004-3.291).

It is concluded that risk factors for sex, diabetes mellitus, hypertension, obesity, smoking status, and occupation have a relationship with chronic kidney disease in the productive age in Indonesia. So the results of this study are expected to be able to use as a reference in determining the prevalence strategy of preventing the occurrence of chronic kidney disease at a productive age in Indonesia.

Keywords: Chronic Kidney Disease, Productive Age, Sex, Diabetes Mellitus, Hypertension, Obesity, Smoking, Working

ABSTRAK

Berdasarkan hasil survei Riskesdas 2018 diketahui bahwa prevalensi penyakit ginjal kronis pada usia produktif adalah 1,8%. Nilai ini mengalami peningkatan jika dibandingkan dengan prevalensi penyakit ginjal kronis pada tahun 2013 (1,3%). Tujuan dari penelitian ini yaitu menganalisis faktor risiko yang berhubungan dengan penyakit ginjal kronis pada usia produktif di Indonesia.

Penelitian ini merupakan penelitian observasional analitik dengan rancang bangun *cross-sectional*. Data yang digunakan adalah data sekunder yang bersumber dari *Indonesian Family Life Survey 5*. Sampel penelitian yaitu responden laki-laki dan perempuan berusia 15 sampai 64 tahun. Jumlah sampel sebanyak 29.120 responden yang dipilih melalui metode total sampling. Variabel terikat penelitian adalah penyakit ginjal kronis. Variabel bebas penelitian adalah jenis kelamin, diabetes melitus, hipertensi, obesitas, status merokok, pendidikan, Pekerjaan, dan penghasilan. Data yang diperoleh dianalisis menggunakan uji *Chi-square* dan uji regresi logistik biner.

Hasil penelitian menemukan bahwa dari 29.120 responden usia produktif ditemukan 387 responden yang menderita penyakit ginjal kronis dengan prevalensi 1,33%. Hasil analisis *chi-square* menunjukkan bahwa variabel yang memiliki hubungan dengan penyakit ginjal kronis pada usia produktif adalah jenis kelamin ($p= 0,0000$; PR= 1,578; 95% CI 1,91-1,929), diabetes melitus ($p= 0,000$; PR= 2,710; 95% CI 1,741-4,218), hipertensi ($p= 0,0000$; PR= 2,619; 95% CI 2,077-3,302), obesitas ($p= 0,0005$; PR= 1,669; 95% CI 1,247-2,234), status merokok ($p= 0,0004$; PR= 1,434; 95% CI 1,171-1,755), dan pekerjaan ($p= 0,0036$; PR= 1,365; 95% CI 1,106-1,685). Dari uji regresi logistik biner variabel yang memiliki risiko tinggi mengalami penyakit ginjal kronis adalah hipertensi (PR= 2,568; 95% CI 2,004-3,291).

Disimpulkan bahwa faktor risiko jenis kelamin, diabetes melitus, hipertensi, obesitas, status merokok, dan Pekerjaan memiliki hubungan dengan kejadian penyakit ginjal kronis pada usia produktif di Indonesia. Sehingga hasil penelitian ini diharapkan mampu untuk dijadikan acuan dalam menentukan strategi prevalensi pencegahan terjadinya penyakit ginjal kronis pada usia produktif di Indonesia.

Kata Kunci: Penyakit Ginjal Kronis, Usia Produktif, Jenis Kelamin, Diabetes Melitus, Hipertensi, Obesitas, Merokok, Bekerja