

Pola diet vegetarian sebagai faktor protektif terhadap diabetes mellitus tipe 2 pada orang berusia 40-70 tahun di Jakarta Barat tahun 2014 = Vegetarian dietary pattern as protective factor to type 2 diabetes on people aged 40-70 years old in West Jakarta 2014

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Abstrak

Angka kesakitan dan kematian yang disebabkan diabetes mellitus tipe 2 masih tinggi di seluruh dunia. Diabetes mellitus tipe 2 merupakan penyakit yang memiliki dampak kesehatan mematikan, seperti gagal ginjal, kebutaan, penyakit kardiovaskular, dan berujung kematian. Penelitian ini bertujuan untuk mengetahui faktor risiko diabetes mellitus tipe 2 pada orang berusia 40 - 70 tahun di Jakarta Barat. Penelitian ini menggunakan disain studi cross-sectional yang dilakukan pada bulan April hingga Mei 2014 di Vihara Hastabrata, Pusdiklat Maitreyawira, dan Vihara Darma Bakti. Teknik pemilihan sampel yang digunakan pada penelitian ini merupakan non-probability sampling, purposive sampling. Pengumpulan data menggunakan kuesioner dan semi-quantitative FFQ dengan metode wawancara. Hasil penelitian menunjukkan bahwa sebanyak 59,7% responden mengidap diabetes mellitus tipe 2. Dari hasil bivariat menggunakan uji chi-square (95% CI) menunjukkan terdapat hubungan yang bermakna antara pola diet vegetarian (OR = 2,756; CI = 1,30 - 5,84), jenis kelamin (OR = 3,216; CI = 1,34 - 7,73), genetik (OR = 2,457; CI = 1,13 - 5,37), lingkar pinggang (OR = 2,273; CI = 1,10 - 4,69), dan stres (OR = 3,233; CI = 1,28 - 8,12) dengan diabetes mellitus tipe 2. Dari hasil multivariat menunjukkan bahwa pola diet vegetarian menjadi faktor protektif terhadap diabetes mellitus tipe 2.

*The mortality and morbidity rate of non-communicable disease, especially type 2 diabetes is still high around the world. The type 2 diabetes has got some deathly health impact such as kidney failure, blindness, cardiovascular disease, even leading to death. The purpose of this research is to obtain information about the risk factors contributing to type 2 diabetes on people aged 40 - 70 years old in West Jakarta. This study used a cross-sectional design which was conducted between April and May 2014 in Vihara Hastabrata, Pusdiklat Maitreyawira, dan Vihara Darma Bakti. This study used non-probability sampling, purposive sampling for taking samples. Data were collected through the questionnaire and semi-quantitative forms which were interviewed. The results showed that 59,7% of the respondents suffered from type 2 diabetes. From data analyses by chi-square test (95% CI), there were significant association between vegetarian dietary pattern (OR = 2,756; CI = 1,30 - 5,84), sex (OR = 3,216; CI = 1,34 - 7,73), gene (OR = 2,457; CI = 1,13 - 5,37), waist circumference (OR = 2,273; CI = 1,10 - 4,69), and stress (OR = 3,233; CI = 1,28 - 8,12) with type 2 diabetes. Vegetarian dietary pattern became the protective factor to type 2 diabetes.*