

Hubungan status merokok dengan hipertiroid pada pasien wanita usia subur di klinik Balai Litbang GAKI Magelang tahun 2013-2014 =
Correlation between smoking status with hyperthyroidism in childbearing age women patients in clinic of iodine deficiency disorders Research Center Magelang in 2013-2014 / Muhamad Arif Musoddaq

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Abstrak

ABSTRAK

Merokok berbahaya bagi perokok aktif maupun perokok pasif (Aditama, 2001). Asap rokok mengandung nikotin yang dapat memicu aktivitas kelenjar tiroid pada manusia (Utiger, 1998). Wanita lebih rentan mengalami hipertiroid (Greenspan and Baxter, 1994). Penelitian ini bertujuan untuk mengetahui hubungan antara status merokok dengan kejadian hipertiroid pada pasien wanita usia subur di Klinik Balai Litbang GAKI Magelang tahun 2013-2014. Penelitian dilakukan dengan disain kasus-kontrol. Penelitian melibatkan 51 responden pasien wanita usia subur penderita hipertiroid dan 102 responden pasien wanita usia subur dengan fungsi tiroid normal (eutiroid). Pengumpulan data dilakukan pada status merokok, umur, penggunaan kontrasepsi hormonal, melahirkan 1 tahun terakhir, tingkat stres, dan kebiasaan penggunaan garam beriodium rumah tangga responden. Data dianalisa menggunakan uji regresi logistik. Pasien wanita usia subur terpajan asap rokok baik perokok aktif atau pasif berisiko mengalami hipertiroid 2,05 kali dari risiko pasien wanita usia subur di Klinik Balai Litbang GAKI Magelang setelah dikontrol variabel kontrasepsi hormonal dan tingkat stres. Menggunakan kontrasepsi hormonal menurunkan risiko hipertiroid, sedangkan stres berat meningkatkan risiko hipertiroid. Wanita usia subur hendaknya menghindari pajanan asap rokok dan melakukan manajemen stres untuk mengurangi faktor risiko hipertiroid.

ABSTRACT

Smoking is harmful to the active smokers and passive smokers (Aditama, 2001). Tobacco smoke contains nicotine, chemical that are known can lead hyperthyroidism in human (Utiger, 1998). This study aimed to determine the relationship between smoking status on hyperthyroidism in patients of childbearing age women in the Clinic of IDD (Iodine Deficiency Disorders) Research Center, Magelang in 2013-2014. The study was conducted with a casecontrol design. The study involved 51 childbearing-age women patients with hyperthyroidism patients and 102 childbearing-age women patients with normal thyroid function (euthyroid). Data collection was conducted on smoking status,

age, hormonal contraceptive use, giving birth in the past one year, the level of stress, and the habits of the use of iodized salt in the household. Data were analyzed using logistic regression. Childbearing-age women patients who were active/passive smokers at risk of hyperthyroidism 2.05 times the risk of childbearing-age women patients in the Clinic of Iodine Deficiency Disorders (IDD) Research Center, Magelang after controlled by hormonal contraceptives and stress levels variables. Use of hormonal contraceptives reduce the risk of hyperthyroidism, whereas severe stress increases the risk of hyperthyroidism. Childbearing-age women should avoid exposure to cigarette smoke and do stress management to reduce risk factors for hyperthyroidism.