

## Hubungan Rasio Neutrofil Limfosit dengan Gejala Depresi pada Konstipasi Idiopatik Kronik = The Relationship of Neutrophil Lymphocyte Ratio with Depression Symptoms in Chronic Idiopathic Constipation.

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Abstrak

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Latar Belakang. Konstipasi idiopatik kronik adalah masalah yang cukup banyak terjadi, dan berhubungan dengan proses inflamasi. Proses inflamasi yang diwakili oleh rasio neutrofil limfosit merupakan marker inflamasi yang cukup stabil dan banyak digunakan, dan diduga ada hubungannya dengan terjadinya gejala depresi.

Tujuan. Studi ini bertujuan untuk mengetahui hubungan rasio neutrofil limfosit dengan gejala depresi pada konstipasi idiopatik kronik.

Metode. Penelitian ini merupakan studi potong lintang yang melibatkan pasien konstipasi idiopatik kronik berusia 18-59 tahun di populasi. Di saat bersamaan, dinilai gejala depresi dengan menggunakan Beck Depression Inventory-II kemudian diambil sampel darah untuk menilai rasio neutrofil limfosit. Uji hipotesis dilakukan dengan uji korelasi Pearson.

Hasil. Sebanyak 73 subyek didapatkan rerata (SB) usia adalah 40,29 (11,2) tahun, dengan proporsi perempuan 90,4%. Median RNL (min-maks) adalah 1,72 (0,27-7,18). Hasil analisis korelasi didapatkan hasil koefisien korelasi ( $r = 0,028$  ( $p = 0.811$ )).

Kesimpulan. Rasio neutrofil limfosit tidak berhubungan dengan gejala depresi pada konstipasi idiopatik kronik.

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**ABSTRACT**

Background. Chronic idiopathic constipation is a problem that is quite common and is related to the inflammatory process. Inflammation marker is represented by neutrophil lymphocyte ratio that is quite stable and widely used and is thought to have something to do with the occurrence odd depressive symptoms.

Objectives. This study was aimed to determine relationship between neutrophil lymphocyte ratio and depressive symptom in chronic idiopathic constipation.

Methods. This was a cross sectional study involving chronic idiopathic constipation patients aged 18-59 years old in population. At the same time depressive symptoms were assessed using the Beck Depression Inventory-II and blood sample were taken to assess the neutrophil lymphocyte ratio. Pearson correlation test was done for hypothesis testing.

Results. From total of 75 subjects, the mean (SB) age is 40.29 (11.2) years and the proportion of women is 90.4%. The median RNL (min-max) is 1.72 (0.27-7.18). The results of correlation coefficient obtained from correlation analysis is ( $r = 0.028$  ( $p = 0.811$ )).

Conclusion. The neutrophil lymphocyte ratio is not associated with depressive symptom in chronic idiopathic constipation.