

Hubungan antara sindrom metabolik dengan kejadian stroke pada penduduk berusia 15 tahun ke atas di Indonesia (Analisis Data Riskesdas 2018) = Relationship between metabolic syndrome and stroke event in population aged 15 years old and over in Indonesia (Analysis of the Data of Riskesdas 2018)

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Abstrak

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Stroke merupakan salah satu penyakit tidak menular yang menjadi masalah kesehatan masyarakat di dunia termasuk di Indonesia. Sekumpulan faktor risiko yang dapat berinteraksi bersama terdiri dari obesitas sentral, kadar trigliserida tinggi, kadar kolesterol HDL rendah, kadar GDP tinggi, dan hipertensi dikenal dengan istilah sindrom metabolik (IDF, 2006). Seseorang yang mengalami sindrom metabolik mempunyai peluang 3 kali untuk mengalami serangan jantung dan stroke (IDF, 2006). Sementara, menurut IDF (2006) diestimasi bahwa 20-25% penduduk dewasa di dunia mengalami sindrom metabolik. Penelitian ini bertujuan untuk mengetahui hubungan antara sindrom metabolik dengan kejadian stroke pada penduduk berusia 15 tahun di Indonesia setelah dikontrol oleh variabel kovariat. Desain studi penelitian yaitu potong lintang (*cross sectional*) dengan menggunakan data Riskesdas 2018. Sampel penelitian yang memenuhi kriteria inklusi dan eksklusi diperoleh sebesar 24.451 responden. Berdasarkan hasil analisis, diperoleh proporsi stroke berdasarkan diagnosis dokter sebesar 1,2%. Proporsi sindrom metabolik diperoleh sebesar 24,4%. Hasil analisis multivariat diperoleh hubungan yang signifikan antara sindrom metabolik dengan kejadian stroke (nilai $p = 0,000$) dengan aPOR sebesar 2,415 (95% CI: 1,883-3,099) dan diperoleh adanya variabel confounding yaitu variabel jenis kelamin dan usia. Sindrom metabolik dapat menjadi faktor yang penting untuk diperhatikan dalam upaya pencegahan dan pengendalian stroke di Indonesia.

Kata Kunci: Sindrom Metabolik; Stroke; Riskesdas 2018

Abstract

Stroke is a non-communicable disease that becomes one of public health problems in the world, including in Indonesia. A group of risk factors that can be interacted together including central obesity, high triglyceride levels, low HDL levels, high GDP levels, and hypertension are known as metabolic metabolism (IDF, 2006). The person who has metabolic syndrome has a chance 3 times to have heart attacks and strokes (IDF, 2006). Meanwhile, according to IDF (2006) it is estimated that 20-25% of the adult population in the world having metabolic syndrome. This research aims to study the relationship between metabolic syndrome and stroke event in population aged 15 years old in Indonesia after being controlled by covariate variables. The design study of this research is cross sectional using data from Riskesdas 2018. The sample of this research that met the inclusion and exclusion criteria was 24,451 respondents. Based on the result of the analysis, the proportion of strokes based on the doctor's diagnosis is 1.2%. The proportion of metabolic syndrome obtained is 24.4%. The results of multivariate analysis obtained a significant relationship between metabolic syndrome and stroke event ($p = 0,000$) with aPOR of 2,415 (95% CI: 1,883-3,099) and obtained confounding variables such as gender and age. Metabolic syndrome can be an important factor to consider in efforts to prevent and control stroke event in Indonesia.

Keywords: Metabolic Syndrome; Stroke; Riskesdas

2018