

ABSTRAK

Judul : Prevalensi Penyakit Gagal Ginjal Kronik di Kalangan Usia Produktif Akibat Gaya Hidup di Rumah Sakit Royal Prima Medan

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Penyakit Gagal Ginjal Kronik (CKD) adalah penyakit yang menyebabkan kerusakan ginjal secara progresif yang ditandai dengan penurunan laju filtrasi glomerulus (*glomerular filtration rate*) kurang dari 60 mL/menit/1,73 m² yang berlangsung selama lebih dari tiga bulan, salah satu penyebab dari penyakit gagal ginjal kronik ini kurangnya memperhatikan gaya hidup. Penelitian ini bertujuan untuk mengetahui prevalensi penyakit gagal ginjal kronik di kalangan usia produktif akibat gaya hidup dan hubungan penyakit gagal ginjal kronik dengan gaya hidup di RS Royal Prima Medan Tahun 2024. Jenis penelitian ini adalah deskriptif retrospektif dengan desain *cross-sectional*. Populasi pada penelitian ini adalah seluruh pasien penderita gagal ginjal kronik dengan usia produktif (usia 15-59 thn) didapati 240 pasien. Data penelitian ini ditampilkan dalam bentuk tabel distribusi frekuensi serta dilakukan uji *chi-square* untuk mengetahui hubungan. Berdasarkan hasil penelitian diperoleh bahwa penderita penyakit gagal ginjal kronik di RS Royal Prima Medan didominasi oleh usia 51-59 thn (46.7%), berjenis kelamin laki laki sebanyak (58,3%), riwayat penyakit terbanyak hipertensi (49,2%), gaya hidup yang menjadi kebiasaan pasien terbanyak riwayat jarang minum air putih (63.7%), riwayat konsumsi minuman kemasan (61.7%), riwayat merokok (53,8%), ,riwayat konsumsi obat anti nyeri (45%). Pada hasil uji *chi-square* didapati nilai $p < 0,005$ untuk gaya hidup riwayat konsumsi minuman kemasan, riwayat konsumsi obat anti nyeri, riwayat jarang minum air putih yang berarti terdapat hubungannya dengan penyakit gagal ginjal kronik. Didapati nilai $p > 0,05$ untuk gaya hidup merokok yang berarti tidak terdapat hubungannya secara statistik tetapi meningkatkan resiko terjadinya penyakit gagal ginjal kronik.

Kata Kunci : penyakit gagal ginjal kronik, Gaya hidup, Usia produktif

ABSTRACT

Title : Prevalence of Kidney Failure Disease Among Productive Age Due to Lifestyle In Royal Prima Hospital Medan
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Chronic Kidney Failure Disease (CKD) is a disease that causes progressive kidney damage which is characterized by a decrease in glomerular filtration rate (glomerular filtration rate) of less than 60 mL/minute/1.73 m² which lasts for more than three months, one of the causes of this chronic kidney failure disease lack of attention to lifestyle. This study aims to determine the prevalence of chronic kidney failure disease in the productive age due to lifestyle and the relationship between chronic kidney failure disease and lifestyle at Royal Prima Medan Hospital in 2024. This type of research is descriptive retrospective with a cross-sectional design. The population in this study was all patients with chronic kidney failure with productive age (age 15-59 years) found 240 patients. The data of this study is displayed in the form of a frequency distribution table and a chi-square test is carried out to determine the relationship. Based on the results of the study, it was obtained that patients with chronic renal failure disease at Royal Prima Medan Hospital were dominated by age 51-59 years (46.7%), male gender as much as (58.3%), the most history of hypertension (49.2%), the lifestyle that became the most habitual patient history of rarely drinking water (63.7%), history of consumption of packaged drinks (61.7%), history of smoking (53.8%), history of consumption of anti-pain medication (45%). In the results of the chi-square test, it was found that the p value <0.005 for lifestyle history of consumption of packaged beverages, history of consumption of anti-pain medication, history of rarely drinking water, which means that there is an association with chronic kidney failure disease. There was a p>0.05 value for the smoking lifestyle, which means that there is no statistical association but increases the risk of chronic renal failure disease.

Keywords: chronic kidney failure, Lifestyle, Productive age