INTISARI

ANALISIS KEBIASAAN KONSUMSI ALKOHOL TERHADAP KERUSAKAN SEL HEPAR PADA PEMINUM ALKOHOL DI DAERAH KUPANG TAHUN 2019

Latar belakang: Prevalensi peminum alkohol di daerah kupang telah melewati angka prevalensi peminunum alkohol nasional yaitu 4,6%. Konsumsi alkohol berlebih dapat menyebabkan kerusakan pada organ hati seperti penyakit hati alkoholik. Tingkat kerusakan hati dapat tidandai dengan kenaikan enzim transaminase seperti Serum Glutamate Piruvate Transaminase (SGPT) dan Serum Glutamate Oxaloacetic Transaminase (SGOT).
Tujuan: Tujuan penelitian ini untuk mengetahui perbedaan proporsi kebiasaan konsumsi alkohol dengan kerusakan sel hepar pada peminum alkohol.
Metode: Penelitian ini menggunakan metode analitik observasional dengan menggunakan desain *cross sectional quantitative*. Analisis secara statistic dilakukan dengan uji *Chi-Square Test.*
Hasil: Pada penelitian ini didapatkan hasil SGPT normal sejumlah 48 subjek (73,8%) dan SGPT tidak normal sejumlah 17 subjek (18,5%). Sedangkan pada SGOT normal sejumlah 60 subjek (92,3%) dan SGOT tidak normal sejumlah 5 subjek (7,7%). Dari pengujian *Chi-Square Test,* kadar SGPT terdapat perbandingan yang signifikan terhadap jenis kelamin *(p = 0,004).* Begitu juga dengan kadar SGPT terdapat perbandingan yang signifikan terhadap jenis kelamin *(p = 0,028).*
Kesimpulan: Terdapat perbedaan proporsi yang signifikan antara kerusakan sel hepar terhadap kebiasaan konsumsi alkohol yang dinilai berdasarkan jenis kelamin. Namun tidak terdapat perbedaan proporsi yang signifikan antara kerusakan sel hepar terhadap kebiasaan konsumsi alkohol yang dinilai berdasarkan usia dan durasi minum x volume.

Kata kunci : Alkohol, SGPT, SGOT, daerah Kupang

ABSTRACT

ANALYSIS ALCOHOL CONSUMPTION HABITS AND HEART CELL DAMAGE IN ALCOHOL DRINKERS IN KUPANG REGION IN 2019

Background: The prevalence of alcohol drinkers in the Kupang area has exceeded the national alcohol drinker prevalence rate of 4.6%. Excessive alcohol consumption can cause liver damage such as alcoholic liver disease. The level of liver damage can be marked by an increase in transaminase enzymes such as Serum Glutamate Piruvate Transaminase (SGPT) and Serum Glutamate Oxaloacetic Transaminase (SGOT).
Objective: The purpose of this study was to determine the difference in the proportion alcohol consumption habits and liver cell damage in alcoholics.
Methods: This study used an observational analytic method using a quantitative cross sectional design. Statistical analysis was carried out by using the Chi-Square Test.
Results: In this study, the results of normal SGPT were 48 samples (73,8%) and abnormal SGPT were 17 samples (18,5%). Whereas in normal SGOT there were 60 samples (92,3%) and abnormal SGOT were 5 samples (7,7%). From the Chi-Square Test, there was a significant comparison between SGPT levels and gender *(p = 0.004)*. Likewise with SGPT levels, there was a significant comparison with sex *(p = 0.028)*.
Conclusion: There is a significant difference in the proportion of liver cell damage to alcohol consumption habits assessed by gender. However, there was no significant difference in the proportion of cell damage to alcohol consumption habits based on age and duration of drinking x volume.

Keywords: Alcohol, SGPT, SGOT, Kupang area