

INTISARI

MEROKOK SEBAGAI FAKTOR RISIKO KEJADIAN PENYAKIT KARDIOVASKULAR ATEROSKLEROSIS : STUDI LONGITUDINAL BERBASIS POPULASI DI KABUPATEN SLEMAN DAERAH ISTIMEWA YOGYAKARTA Shabrina, I.N, Hartopo, A.B, Gharini, P.R.G

Latar Belakang: Prevalensi merokok di Indonesia terus meningkat. Kebiasaan merokok merupakan faktor risiko utama penyakit kardiovaskular aterosklerosis (PKVA). Belum ada data khusus mengenai profil dan karakteristik kebiasaan merokok pada populasi penduduk Kabupaten Sleman dan pengaruhnya terhadap PKVA. Penelitian ini menganalisis pengaruh kebiasaan merokok terhadap terjadinya PKVA di Kabupaten Sleman dan menganalisis karakter perokok pada populasi, menggunakan data dari studi longitudinal berbasis populasi *Health and Demographic Surveillance System* (HDSS). Penelitian ini diharapkan dapat memberikan informasi bagi praktisi kesehatan dan masyarakat serta menjadi dasar pengambilan kebijakan untuk pencegahan dan pengendalian PKVA.

Tujuan Penelitian: Mengetahui peranan kebiasaan merokok terhadap PKVA pada populasi umum di Kabupaten Sleman Daerah Istimewa Yogyakarta.

Metode Penelitian: Penelitian ini merupakan studi observasional analitik dengan desain kohort berdasarkan panel individu. Penelitian dilakukan pada bulan April 2025 pada responden HDSS siklus 3-9 yang memenuhi kriteria inklusi dan eksklusi.

Hasil: Terdapat 1629 responden memenuhi kriteria inklusi dan eksklusi. Rerata usia subjek 49 ± 13 tahun dengan proporsi laki-laki:perempuan yaitu 35,5%:64,5%. Subjek dengan tingkat pendidikan \leq SMA (87,4%), faktor risiko DM (4,7%), dan hipertensi (21,8%). Jumlah responden perokok aktif, mantan perokok dan tidak merokok masing-masing sebesar 284 (17,4%), 128 (7,9%), 1217 (74,4%) responden. Responden yang mengalami PKVA sejumlah 209 (12,8%). Analisis terhadap kebiasaan konsumsi obat-obatan, obesitas, konsumsi buah dan sayur, serta aktivitas fisik juga dilakukan. Berdasarkan analisis uji bivariat perokok aktif berisiko 1,82 kali terhadap PKVA dibandingkan yang tidak merokok (nilai $p < 0,001$). Mantan perokok berisiko 1,51 kali terhadap PKVA (nilai $p = 0,062$). Hasil analisis multivariat menunjukkan kebiasaan merokok aktif terbukti berpengaruh terhadap PKVA dengan OR 2,10 (IK 95% 1,36-3,25) dan nilai $p = 0,001$. Selain itu, usia memiliki OR 4,91 (IK 95% 3,27-7,36) terhadap PKVA (nilai $p < 0,001$), DM memiliki OR 3,20 (IK 95% 1,75-5,88) terhadap PKVA (nilai $p < 0,001$). Hipertensi memiliki OR 2,86 (IK 95% 1,95-4,17) terhadap PKVA (nilai $p < 0,001$). Aktivitas fisik rendah memiliki OR 2,41 (IK 95% 1,38-4,18) terhadap PKVA (nilai $p = 0,002$).

Kesimpulan: Kebiasaan merokok aktif meningkatkan risiko 2,1 kali lipat terhadap PKVA pada populasi Kabupaten Sleman Daerah Istimewa Yogyakarta.

Kata kunci: PKVA, perokok aktif, mantan perokok, tidak merokok

ABSTRACT

SMOKING AS A RISK FACTOR FOR ATHEROSCLEROTIC CARDIOVASCULAR DISEASE: A POPULATION-BASED LONGITUDINAL STUDY IN SLEMAN REGENCY SPECIAL REGION OF YOGYAKARTA Shabrina, I.N, Hartopo, A.B, Gharini, P.R.G

Background: The prevalence of smoking in Indonesia continues to increase. Smoking is a major risk factor for atherosclerotic cardiovascular disease (ASCVD). There is no specific data on characteristics of smoking habits in the population of Sleman Regency and its effect on ASCVD. This study analyzes the effect of smoking habits on the occurrence of ASCVD in Sleman Regency and analyzes the characteristics of smokers in the population, using data from the Health and Demographic Surveillance System (HDSS), a population-based longitudinal study. This study is expected to provide information for health practitioners and the community and serve as a basis for policy-making for the prevention and control of ASCVD.

Objective: To determine the role of smoking habits on ASCVD in general population of Sleman Regency Special Region of Yogyakarta.

Method: This research is an observational analytic study with an individual panel cohort design. The study was conducted in April 2025 on HDSS cycle 3-9 respondents who met the inclusion and exclusion criteria.

Result: A total of 1629 respondents met the inclusion and exclusion criteria. The mean age of the subjects was 49 ± 13 years, with a male to female ratio of 35.5%: 64.5%. Subjects with an education level of \leq Senior High School (87.4%), risk factors for diabetes mellitus (DM) (4.7%), and hypertension (21.8%). The number of respondents who were active smokers, former smokers, and non-smokers were 284(17.4%), 128(7.9%), and 1217(74.4%) respondents, respectively. The number of respondents who experienced ASCVD was 209 (12.8%). The analysis of medication consumption habits, obesity, fruit and vegetable consumption, and physical activity was also conducted. Based on bivariate analysis, active smokers had a 1.82 times higher risk of ASCVD compared to non-smokers ($p < 0.001$). Former smokers had a 1.51 times higher risk of ASCVD ($p 0.062$). The multivariate analysis showed that active smoking habits were proven to affect ASCVD with an OR of 2.10 (95% CI 1.36-3.25) and a p-value of 0.001. In addition, age had an OR of 4.91 (95% CI 3.27-7.36) for ASCVD ($p < 0.001$), DM had an OR of 3.20 (95% CI 1.75-5.88) for ASCVD ($p < 0.001$). Hypertension had an OR of 2.86 (95% CI 1.95-4.17) for ASCVD ($p < 0.001$). Low physical activity had an OR of 2.41 (95% CI 1.38-4.18) for ASCVD ($p 0.002$).

Conclusion: Active smoking habits increase 2.1 times the risk of ASCVD in the population of Sleman Regency Special Region of Yogyakarta.

Keywords: ASCVD, active smoker, former smoker, non-smoker