

## INTISARI

**Latar belakang:** Indonesia mulai memasuki periode *aging population* yang ditandai dengan peningkatan jumlah penduduk lansia. Lansia umumnya mengidap Penyakit Tidak Menular (PTM) dan degeneratif, misalnya strok. Penyakit ini masih menjadi isu kesehatan global, dibuktikan dengan strok menjadi penyebab kematian kedua di dunia dan pertama di Indonesia. Maka dari itu, perlu diketahui faktor-faktor risikonya untuk menurunkan angka kejadian strok pada lansia.

**Tujuan penelitian:** Mengidentifikasi faktor risiko yang berhubungan dengan kejadian strok lansia di Kabupaten Sleman.

**Metode:** Penelitian ini termasuk dalam studi kuantitatif observasional analitik atau non eksperimental. Rancangan penelitian yang digunakan, yaitu *cross sectional* dengan data sekunder dari *Health and Demographic Surveillance System (HDSS)* Sleman siklus 9 (2023). Teknik pengambilan sampelnya berupa *total sampling*. Variabel yang diteliti pada penelitian ini, yaitu strok, usia, jenis kelamin, pendidikan, tempat tinggal, aktivitas fisik, merokok, konsumsi garam, konsumsi kopi, obesitas, obesitas sentral, dislipidemia, hipertensi, diabetes, penyakit jantung. Analisis data menggunakan uji *Fisher's Exact Test*. Selanjutnya, analisis multivariat menggunakan uji regresi logistik.

**Hasil:** Dari total 365 responden, prevalensi strok pada lansia, yaitu 1,7%. Dislipidemia (AOR = 16,719 CI 95% = 1,356–206,093; *p-value* = 0,028), hipertensi (AOR = 14,095 CI 95% = 1,007–197,220; *p-value* = 0,049), dan konsumsi garam (AOR = 42,383 CI 95% = 3,322–540,759; *p-value* = 0,004) memiliki hubungan dengan kejadian strok lansia di Kabupaten Sleman.

**Kesimpulan:** Dislipidemia, hipertensi, dan konsumsi garam memiliki hubungan yang signifikan dengan kejadian strok lansia di Kabupaten Sleman.

**Kata kunci:** Faktor risiko strok, HDSS Sleman, lansia

## ABSTRACT

**Background:** Indonesia is entering a period of aging population, marked by an increase in the number of elderly people. The elderly generally suffer from Non-Communicable Diseases (NCDs) and degenerative diseases, such as stroke. This disease remains a global health issue, as evidenced by stroke being the second leading cause of death worldwide and the first leading cause of death in Indonesia. Therefore, it is necessary to identify the risk factors to reduce the incidence of stroke in the elderly.

**Objective:** To identify risk factors associated with stroke in the elderly in Sleman Regency.

**Method:** This research is classified as quantitative observational analytical or non-experimental study. This is a cross-sectional study with secondary data from *Health and Demographic Surveillance System (HDSS) Sleman cycle 9 (2023)*. The sampling technique used in this research is total sampling method. The variables studied in this research are stroke, age, gender, education, place of residence, physical activity, smoking, salt consumption, coffee consumption, obesity, central obesity, dyslipidemia, hypertension, diabetes, and heart disease. Data analysis used the *Fisher's Exact Test*. Furthermore, multivariate analysis used binary logistic regression.

**Result:** Among 365 respondents, the prevalence of stroke among the elderly population is 1.7%. Dyslipidemia (AOR = 16.719 CI 95% = 1.356–206.093; p-value = 0.028), hypertension (AOR = 14.095 CI 95% = 1.007–197.220; p-value = 0.049), and salt consumption (AOR = 42.383 CI 95% = 3.322–540.759; p-value = 0.004) are associated with the incidence of stroke among the elderly in Sleman Regency.

**Conclusion:** Dyslipidemia, hypertension, and salt intake are significantly associated with the incidence of stroke among the elderly in Sleman Regency.

**Keywords:** Elderly, HDSS Sleman, stroke risk factors