

INTISARI

Penyakit Ginjal Kronik (PGK) merupakan salah satu penyakit tidak menular yang bersifat progresif dan *irreversible*. Tingginya prevalensi faktor risiko, terutama hipertensi dan diabetes melitus, berkontribusi terhadap kejadian PGK dan meningkatkan beban pembiayaan kesehatan. Penelitian ini bertujuan untuk mengetahui gambaran tingkat pengetahuan, sikap, dan perilaku pencegahan PGK pada masyarakat; menganalisis hubungan karakteristik responden dengan tingkat pengetahuan mengenai PGK; serta menganalisis hubungan tingkat pengetahuan dan sikap dengan perilaku pencegahan PGK.

Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross-sectional*. Pengumpulan data dilakukan secara daring pada masyarakat berusia 18-50 tahun di lima wilayah Indonesia menggunakan teknik *accidental sampling*. Instrumen penelitian berupa kuesioner yang mencakup karakteristik responden, tingkat pengetahuan, sikap, dan perilaku pencegahan PGK serta telah melalui pengujian validitas dan reliabilitas. Analisis data dilakukan menggunakan uji Mann-Whitney, Kruskal Wallis, korelasi Spearman, dan regresi linear berganda.

Sebanyak 488 responden memenuhi kriteria penelitian. Rata-rata skor pengetahuan mengenai PGK sebesar $15,55 \pm 5,38$. Terdapat perbedaan skor pengetahuan berdasarkan jenis kelamin ($p < 0,001$), usia ($p = 0,048$), daerah tempat tinggal ($p = 0,005$), status pekerjaan ($p = 0,045$), riwayat keluarga dengan PGK ($p < 0,001$), dan status merokok ($p = 0,041$). Tingkat pengetahuan memiliki hubungan positif yang signifikan dengan sikap ($r_s = 0,261$; $p < 0,001$). Hasil regresi linear berganda menunjukkan bahwa tingkat pengetahuan ($B = 0,165$; 95% CI = $0,067 - 0,264$; $p = 0,001$) dan sikap ($B = 0,512$; 95% CI = $0,420 - 0,605$; $p < 0,001$) berhubungan secara signifikan dengan perilaku pencegahan PGK. Hasil penelitian menunjukkan bahwa pengetahuan dan sikap berhubungan dengan perilaku pencegahan PGK, sehingga peningkatan pengetahuan dan penguatan sikap terhadap pencegahan PGK perlu menjadi perhatian dalam upaya promotif dan preventif di masyarakat.

Kata kunci: penyakit ginjal kronik, pengetahuan, sikap, perilaku pencegahan, masyarakat.

ABSTRACT

Chronic Kidney Disease (CKD) is a progressive and irreversible non-communicable disease. The high prevalence of risk factors, particularly hypertension and diabetes mellitus, contributes to the development of CKD and increases the burden of healthcare costs. This study aimed to describe the levels of knowledge, attitudes, and preventive behaviors regarding CKD among the general population; analyze the association between respondents' characteristics and their level of knowledge about CKD; and analyze the association of knowledge and attitudes with CKD preventive behaviors.

This study employed an observational analytic design with a cross-sectional approach. Data were collected online from individuals aged 18–50 years across five regions of Indonesia using convenience sampling. The research instrument was a questionnaire covering respondents' characteristics, knowledge, attitudes, and CKD preventive behaviors, which had undergone validity and reliability testing. Data were analyzed using the Mann–Whitney U test, Kruskal–Wallis test, Spearman's rank correlation, and multiple linear regression.

A total of 488 respondents met the study criteria. The mean knowledge score regarding CKD was 15.55 ± 5.38 . Significant differences in knowledge scores were observed according to sex ($p < 0.001$), age ($p = 0.048$), residential area ($p = 0.005$), employment status ($p = 0.045$), family history of CKD ($p < 0.001$), and smoking status ($p = 0.041$). Knowledge was positively and significantly correlated with attitudes ($r_s = 0.261$; $p < 0.001$). Multiple linear regression analysis showed that knowledge ($B = 0.165$; 95% CI = 0.067–0.264; $p = 0.001$) and attitudes ($B = 0.512$; 95% CI = 0.420–0.605; $p < 0.001$) were significantly associated with CKD preventive behaviors. These findings indicate that knowledge and attitudes are associated with CKD preventive behaviors. Therefore, improving knowledge and strengthening positive attitudes toward CKD prevention should be prioritized in health promotion and disease prevention efforts among the general population.

Keywords: chronic kidney disease, knowledge, attitudes, preventive behaviors, general population.