

INTISARI

Latar Belakang: Menurut WHO terdapat empat jenis penyakit tidak menular (PTM) utama yakni penyakit kardiovaskular (penyakit jantung koroner dan stroke), kanker, penyakit pernapasan kronis dan diabetes. Prevalensi penyakit jantung koroner (PJK) di Daerah Istimewa Yogyakarta menurut Riskesdas 2013 adalah 0,6% didiagnosis dokter dan 1,3% didiagnosis oleh dokter dan gejala. Dari data tersebut didapatkan prevalensi PJK pada perempuan lebih tinggi baik yang didiagnosis dokter maupun berdasarkan diagnosis dokter dan gejala (0,7 dan 1,5) dibandingkan dengan laki-laki (0,6 dan 1,1). Berbagai penelitian telah menghipotesiskan bahwa terdapat beda faktor risiko antara laki-laki dan perempuan pada penderita PJK.

Tujuan: Mengetahui perbandingan faktor risiko pada penderita penyakit jantung koroner antara laki-laki dan perempuan di Kabupaten Sleman, Daerah Istimewa Yogyakarta.

Metode: Penelitian ini merupakan penelitian potong lintang (*cross-sectional*) dengan menggunakan data sekunder dari HDSS (*Health and Demographic Surveillance System*) Sleman siklus II dan III. Sampel data sekunder dipilih dengan metode *purposive sampling* melalui wawancara berbasis kuesioner yang dibiayai oleh Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan Universitas Gadjah Mada Yogyakarta. Responden dibagi menjadi 2 kelompok berdasarkan jenis kelamin. Data diolah dengan membandingkan proporsi faktor risiko (usia, riwayat stroke, riwayat DM, riwayat hipertensi, status merokok, dan frekuensi konsumsi makanan berisiko) antara dua kelompok.

Hasil: Hasil uji statistik menunjukkan tidak ada beda proporsi yang signifikan antara faktor risiko berupa usia, riwayat stroke, riwayat DM, riwayat hipertensi, dan frekuensi konsumsi makanan berisiko dengan PJK antara laki-laki dan perempuan, namun status merokok memiliki beda proporsi signifikan antara laki-laki dan perempuan. Akan tetapi, faktor risiko berupa usia, frekuensi konsumsi makanan berisiko, dan status merokok perlu dilakukan penelitian lanjutan dikarenakan kurangnya jumlah sampel yang tersedia.

Kesimpulan: Tidak terdapat beda proporsi yang signifikan faktor risiko penyakit jantung koroner antara laki-laki dan perempuan.

Kata Kunci: faktor risiko, penyakit jantung koroner, jenis kelamin.

ABSTRACT

Background: According to WHO, there are four main types of non-communicable diseases (PTM), namely cardiovascular disease (coronary heart disease and stroke), cancer, chronic respiratory disease and diabetes. The prevalence of coronary heart disease (CHD) in Yogyakarta Special Region according to Riskesdas 2013 was 0.6% diagnosed by a doctor and 1.3% diagnosed by a doctor and symptoms. From these data, it was found that the prevalence of CHD in women was higher, both diagnosed by a doctor and based on doctor's diagnosis and symptoms (0.7 and 1.5) compared to men (0.6 and 1.1). Various studies have hypothesized that there are differences in risk factors between men and women in people with CHD.

Objective: To determine the ratio of risk factors in people with coronary heart disease between men and women in Sleman Regency, Yogyakarta Special Region.

Methods: This study is cross-sectional *study using* secondary data from the Sleman HDSS (*Health and Demographic Surveillance System*) cycles II and III. Secondary data samples were selected by *purposive sampling method* through questionnaire-based interviews funded by the Faculty of Medicine, Public Health, and Nursing Universitas Gadjah Mada Yogyakarta. Respondents were divided into 2 groups based on gender. The data were processed by comparing the proportion of risk factors (age, history of stroke, history of DM, history of hypertension, smoking status, and frequency of consumption of risky foods) between the two groups.

Results: The results of statistical tests showed that there was no significant difference in the proportion between risk factors such as age, history of stroke, history of diabetes mellitus, history of hypertension, and the frequency of consumption of risky foods with CHD between men and women, but smoking status had a significant difference in proportion between men. -men and women. However, risk factors such as age, frequency of risky food consumption and smoking status need further research due to the insufficient number of samples available.

Conclusion: There is no significant proportion difference in risk factors for coronary heart disease between men and women.

Keywords: risk factors, coronary heart disease, gender.