

**HUBUNGAN ANTARA PRESENTASE LEMAK TUBUH DENGAN KEJADIAN
RETINOPATI DIABETIKA PADA PENDERITA DIABETES MELITUS DI
PERKOTAAN DAN PEDESAAN DI PROVINSI DAERAH ISTIMEWA
YOGYAKARTA**

INTISARI

Latar Belakang : Retinopati diabetika adalah salah satu komplikasi terbanyak yang terjadi pada penderita diabetes melitus kronik dan menjadi salah satu penyebab terbanyak kebutaan di Indonesia. Diabetes melitus banyak terjadi pada pasien yang mengalami sindroma metabolik. Banyak pasien yang mengalami sindroma metabolik yang juga mengalami obesitas. Salah satu ciri obesitas ditandai dengan tingginya presentase kadar lemak tubuh. Oleh karena itu, peneliti ingin meneliti hubungan antara presentase kadar lemak tubuh pada penderita diabetes melitus dengan kejadian retinopati diabetika.

Tujuan : Untuk mengetahui hubungan antara kadar lemak tubuh pasien dengan kejadian retinopati diabetika pada

penderita diabetes melitus di perkotaan dan pedesaan di
Provinsi Daerah Istimewa Yogyakarta

Metode : Metode penelitian ini dilakukan dengan
metode potong lintang yang berbasis komunitas dan
melibatkan pasien penderita diabetes melitus di perkotaan
dan pedesaan di Provinsi Daerah Istimewa Yogyakarta.

Hasil : Terdapat 1092 peserta yang menjadi sampel
baik di wilayah desa maupun kota. Persentase lemak tubuh
penderita diabetes mellitus di kota berbanding lurus
dengan kejadian retinopati diabetika. (Odds Ratio [OR]
1.036 ; 95% Confidence Interval [CI] 1.009 - 1.063).
Persentase lemak tubuh penderita diabetes mellitus di
desa berbanding lurus dengan kejadian retinopati
diabetika . (Odds Ratio [OR] 1.036 ; 95% Confidence
Interval [CI] 1.009 - 1.063).

Kesimpulan : Terdapat hubungan signifikan antara
tingginya persentase lemak tubuh dengan kejadian
retinopati diabetika pada penderita retinopati diabetika
di wilayah kota maupun desa.

Kata kunci : diabetes mellitus, retinopati diabetika,
persentase lemak tubuh

THE ASSOCIATION BETWEEN BODY FAT PERCENTAGE AND DIABETIC
RETINOPATHY INCIDENCE OF DIABETES MELLITUS PATIENTS IN
URBAN AND RURAL AREA IN YOGYAKARTA SPECIAL DISTRICT
PROVINCE

ABSTRACT

Background : Diabetic Retinopathy becomes one of the biggest complication of Diabetes Mellitus patient and also becomes one of the leading cause of blindness in Indonesia. One of the characteristics of obesity is the high percentage of the body fat percentage. Having a research about the link between body fat percentage and incidence of diabetic retinopathy will lead us to the conclusion between them.

Purpose : The purpose of this study is investigating the link between body fat percentage and diabetic retinopathy incidence of diabetes mellitus patient.

Methods : A cross-sectional study of diabetes

mellitus patients. Each patient had a clinical examination, anthropometric measurement, lifestyle interview and retinal photographs . Body Fat Percentage was measured using Bioelectrical Impedance Analysis. Diabetic Retinopathy was assessed by ophtalmologist. Logistic regression was used to assess the association between body fat percentage and diabetic retinopathy.

Results : There were 1092 Diabetes Mellitus Patients from rural and urban area of Yogyakarta Special District Province. Body Fat Percentage is proportional to diabetic retinopathy incidence in diabetes mellitus patients who lived in urban area in Yogyakarta Special Disctric Province .(Odds Ratio [OR] 1.036 ; 95% Confidence Interval [CI] 1.009 - 1.063). Body Fat Percentage is proportional to diabetic retinopathy incidence in diabetes mellitus patients who lived in rural area in Yogyakarta Special Disctric Province.(Odds Ratio [OR] 1.036 ; 95% Confidence Interval [CI] 1.009 - 1.063) .

Conclusion : There are significant association between body fat percentage and diabetic retinopathy incidence of diabetes mellitus patients in rural and

urban area in Yogyakarta Special District.

Key Words : diabetes mellitus, diabetic retinopathy,
body fat percentage