

ABSTRAK

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Judul Skripsi : Hubungan Tekanan Darah dengan Tekanan Intraokular dan Tinjauannya Menurut Pandangan Islam

Pendahuluan: Hipertensi didefinisikan sebagai tekanan darah sama dengan atau lebih dari 140/90 milimeter air raksa (mmHg). Hipertensi okular adalah peningkatan tekanan intraokular melebihi 21 mmHg tanpa disertai kelainan diskus optikus atau lapang pandang, dan tanpa indikasi kerusakan terkait glaukoma. Sekitar 10% orang dengan hipertensi okular berpotensi mengalami glaukoma, salah satu penyebab utama kebutaan, dalam jangka waktu 10 tahun.

Tujuan: Tujuan umum penelitian ini adalah untuk menganalisis hubungan tekanan darah dengan tekanan intraokular dan hipertensi dengan hipertensi okular.

Metodologi: Penelitian ini merupakan studi analitik observasional menggunakan data sekunder yang berasal dari rekam medis pasien poli mata Rumah Sakit X Jakarta periode Januari–Maret 2023.

Hasil: Berdasarkan 74 data yang memenuhi kriteria inklusi dan eksklusi, didapatkan prevalensi hipertensi sebanyak 30 orang (41%), dengan 19 orang (26%) di antaranya berjenis kelamin perempuan dan 11 orang (15%) berusia 70–79 tahun. Prevalensi hipertensi okular adalah 17 orang (23%), dengan sebanyak 10 orang (14%) di antaranya berjenis kelamin perempuan dan 9 orang (12%) berusia 60–69 tahun. Hasil analisis hubungan antara tekanan darah dengan tekanan intraokular menggunakan uji *Chi-Square* menunjukkan *p-value* sebesar 0.004 ($p < \alpha = 0.05$). Hasil uji Spearman menunjukkan korelasi antara tekanan darah sistolik dengan tekanan intraokular dextra ($r = 0.395$; $p = 0.001$) dan sinistra ($r = 0.290$; $p = 0.012$), serta tekanan darah diastolik dengan tekanan intraokular dextra ($r = 0.234$; $p = 0.045$) dan sinistra ($r = 0.230$; $p = 0.049$).

Simpulan: Terdapat hubungan yang bermakna antara tekanan darah dengan tekanan intraokular, di mana peningkatan tekanan darah berpotensi meningkatkan tekanan intraokular.

Kata kunci: Tekanan darah, hipertensi, tekanan intraokular, hipertensi okular.

ABSTRACT

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Thesis Title : Relationship Between Blood Pressure and Intraocular Pressure Reviewed from Medical and Islamic Perspectives

Introduction: Hypertension is defined as blood pressure equal to or greater than 140/90 millimeters of mercury (mmHg). Ocular hypertension refers to intraocular pressure exceeding 21 mmHg without optic disc or visual field abnormalities, and without any indication of glaucoma-related damage. Approximately 10% of people with ocular hypertension are at risk of developing glaucoma, a leading cause of blindness, within 10 years.

Objective: The general objective of this study is to analyze the relationship between blood pressure and intraocular pressure, as well as hypertension and ocular hypertension.

Method: This study is an observational analytical study using secondary data from patient medical records at the eye clinic of Hospital X Jakarta from January to March 2023.

Result: Based on 74 data that met the inclusion and exclusion criteria, hypertension was observed in 30 people (41%), with 19 people (26%) of whom were female and 11 people (15%) aged 70–79 years. Ocular hypertension was observed in 17 people (23%), with 10 people (14%) of whom were female and 9 people (12%) aged 60–69 years. Chi-Square analysis of the relationship between blood pressure and intraocular pressure showed a p-value of 0.004 ($p < \alpha = 0.05$). Spearman's test revealed correlations between systolic blood pressure and intraocular pressure in the right eye ($r = 0.395$; $p = 0.001$) and left eye ($r = 0.290$; $p = 0.012$), along with correlations between diastolic blood pressure and intraocular pressure in the right eye ($r = 0.234$; $p = 0.045$) and left eye ($r = 0.230$; $p = 0.049$).

Conclusion: There is a significant relationship between blood pressure and intraocular pressure, with higher blood pressure levels associated with an increased risk of elevated intraocular pressure.

Keywords: Blood pressure, hypertension, intraocular pressure, ocular hypertension.