

ABSTRAK

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Program Studi : Kedokteran
Judul Skripsi : Hubungan Usia dan Jenis Kelamin pada DM Tipe 2 dengan Kejadian Retinopati Diabetik di Rumah Sakit Puri Cinere pada Tahun 2022-2023 dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Retinopati Diabetik merupakan suatu komplikasi mikrovaskular yang disebabkan oleh hiperglikemia pada penderita DM dan penyebab utama dari kebutaan. DR dibagi menjadi NPDR, PDR, dan DME. DR banyak ditemukan pada perempuan usia produktif antara 20-64 tahun pada pasien DM tipe 2. Dalam Agama Islam, umat muslim dilarang berlebihan termasuk pola makan, serta menganjurkan untuk berpuasa. Penderita DR hendak menjaga kesehatan mata dan menerapkan pola hidup sehat. Penelitian ini bertujuan untuk mengetahui hubungan usia dan jenis kelamin DR dan tinjauannya menurut pandangan islam.

Metode: Penelitian ini bersifat analitik observasional dan menggunakan data sekunder dari rekam medis pasien DR di RS Puri Cinere tahun 2022-2023. Metode pengambilan sampel menggunakan total sampling dengan total sampel 22 orang yang memenuhi kriteria dan dianalisis secara statistik frekuensi.

Hasil: Hasil penelitian ini menunjukkan penderita DR di RSPC sebanyak 22 orang. Penderita NPDR sebanyak 6 orang (27%), PDR sebanyak 12 orang (55%), dan DME sebanyak 4 orang (18%). Penderita DR berdasarkan usia, usia <45 tahun sebanyak 2 orang (9%), dengan distribusi 0 orang (0,0%) NPDR, 2 orang (100,0%) PDR, dan 0 orang (0,0%) DME. Usia 45-64 tahun sebanyak 13 orang (59%), dengan distribusi 5 orang (38,4%) NPDR, 7 orang (53,8%) PDR, dan 1 orang (7,6%) DME. Usia >64 tahun sebanyak 7 orang (32%), dengan distribusi 1 orang (14,2%) NPDR, 3 orang (42,8%) PDR, dan 3 orang (42,8%) DME. Penderita DR berdasarkan jenis kelamin, perempuan sebanyak 13 orang (59%), dengan distribusi 6 orang (46,1%) NPDR, 4 orang (30,7%) PDR, 3 orang (23,0%) DME. Laki-laki sebanyak 9 orang (41%), dengan distribusi 0 orang (0,0%) NPDR, 8 orang (88,8%) PDR, dan 1 orang (11,1%) DME. Analisis data *chi-square*. Hasil penelitian tidak terdapat hubungan antara usia dengan kejadian DR, namun terdapat hubungan antara jenis kelamin dengan kejadian DR.

Kesimpulan: Penderita retinopati diabetik paling banyak menderita PDR sebanyak 12 orang (55%). Mayoritas penderita DR berusia 45-64 tahun sebanyak 13 orang (59%), dengan penderita terbanyak pada PDR sebanyak 7 orang (53,8%). Penderita DR terbanyak dialami oleh penderita perempuan sebanyak 13 orang (59), dengan mayoritas penderita NPDR sebanyak 6 orang (46,1%). Menurut pandangan Islam, umat muslim dilarang berlebihan termasuk pola makan. Islam menganjurkan untuk berpuasa dan menjaga kesehatan mata.

Kata kunci: Usia, Jenis Kelamin, DM Tipe 2, Retinopati Diabetik, Pandangan Islam.

ABSTRACT

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Study Program : Medicine
Title : *The Relationship between Age and Gender in Type 2 DM with the Incidence of Diabetic Retinopathy at Puri Cinere Hospital in 2022-2023 and Its Review According to Islamic Views*

Background: Diabetic Retinopathy is a microvascular complication caused by hyperglycemia in DM patients and the main cause of blindness. DR is divided into NPDR, PDR, and DME. DR is often found in women of productive age between 20-64 years in patients with type 2 DM. In Islam, Muslims are prohibited from being excessive, including diet, and are encouraged to fast. DR sufferers want to maintain eye health and implement a healthy lifestyle. This study aims to determine the relationship between age and gender of DR and its review according to Islamic perspective.

Method: This study is an observational analytical study and uses secondary data from medical records of DR patients at Puri Cinere Hospital in 2022-2023. The sampling method used total sampling with a total sample of 22 people who met the criteria and were analyzed statistically using frequency.

Results: The results of this study showed that DR sufferers at RSPC were 22 people. NPDR sufferers were 6 people (27%), PDR were 12 people (55%), and DME were 4 people (18%). DR sufferers based on age, age <45 years were 2 people (9%), with a distribution of 0 people (0.0%) NPDR, 2 people (100.0%) PDR, and 0 people (0.0%) DME. Age 45-64 years were 13 people (59%), with a distribution of 5 people (38.4%) NPDR, 7 people (53.8%) PDR, and 1 person (7.6%) DME. Age >64 years as many as 7 people (32%), with a distribution of 1 person (14.2%) NPDR, 3 people (42.8%) PDR, and 3 people (42.8%) DME. DR sufferers based on gender, women as many as 13 people (59%), with a distribution of 6 people (46.1%) NPDR, 4 people (30.7%) PDR, 3 people (23.0%) DME. Men as many as 9 people (41%), with a distribution of 0 people (0.0%) NPDR, 8 people (88.8%) PDR, and 1 person (11.1%) DME. Chi-square data analysis. The results of the study showed no relationship between age and the incidence of DR, but there was a relationship between gender and the incidence of DR.

Conclusion: Diabetic retinopathy sufferers mostly suffer from PDR as many as 12 people (55%). The majority of DR sufferers are aged 45-64 years, as many as 13 people (59%), with the most sufferers in PDR as many as 7 people (53.8%). The most DR sufferers are women as many as 13 people (59), with the majority of NPDR sufferers as many as 6 people (46.1%). According to Islamic views, Muslims are prohibited from being excessive, including diet. Islam recommends fasting and maintaining eye health.

Keywords: Age, Gender, Type 2 DM, Diabetic Retinopathy, Islamic Views.