

PREVALENSI DAN FAKTOR RISIKO PENYAKIT GINJAL KRONIS DI INDONESIA (ANALISIS DATA SURVEI KESEHATAN INDONESIA 2023)

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Abstrak

Penyakit Ginjal Kronis (PGK) merupakan penyakit katastrofik dan menjadi salah satu masalah kesehatan di Indonesia akibat beban biaya pengobatan yang tinggi dan angka kematian yang terus meningkat. Penelitian ini bertujuan mengidentifikasi faktor risiko dominan terhadap PGK di Indonesia menggunakan data sekunder Survei Kesehatan Indonesia (SKI) 2023. Populasi penelitian seluruh responden SKI 2023. Sampel penelitian adalah responden berusia ≥ 15 tahun dengan data lengkap dengan total 595.063 sampel. Studi ini menggunakan desain *cross-sectional*. Analisis data menggunakan regresi logistik berganda. Prevalensi PGK di Indonesia sebesar 0,17% (95%CI: 0,15 – 0,19). Analisis multivariat menunjukkan risiko PGK lebih tinggi pada responden dengan riwayat penyakit jantung (aPOR = 15,899; 95%CI: 12,267–20,608), riwayat hepatitis (aPOR = 5,015; 95%CI: 2,575–9,770), riwayat diabetes (aPOR = 3,458; 95%CI: 2,913–4,106), usia >40 tahun (aPOR = 3,327; 95%CI: 2,782–3,978), hipertensi (aPOR = 3,310; 95%CI: 2,811–3,898), laki-laki (aPOR = 1,826; 95%CI: 1,603–2,080), aktivitas fisik kurang (aPOR = 1,782; 95%CI: 1,567–2,027), dan obesitas (aPOR = 0,853; 95%CI: 0,747–0,974). Faktor risiko PGK yang paling dominan adalah penyakit jantung. Disarankan agar dapat memaksimalkan dampak program Posbindu PTM dan cek kesehatan gratis serta memanfaatkan teknologi digital untuk mendata hasil deteksi dini pada masyarakat.

Kata Kunci: Penyakit Ginjal Kronis, Faktor Risiko, Data Survei Kesehatan Indonesia 2023

Prevalence *and* Risk Factors of Chronic Kidney Disease in Indonesia (Analysis of the 2023 Indonesia Health Survey Data)

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Abstract

Chronic Kidney Disease (CKD) is a catastrophic illness and a growing public health concern in Indonesia due to its high treatment costs and increasing mortality rate. This study aimed to identify the dominant risk factors for CKD in Indonesia using secondary data from the 2023 Indonesian Health Survey (SKI). The study population included all SKI 2023 respondents, with a final sample of 595,063 individuals aged ≥ 15 years with complete data. Using cross-sectional design and data analysis was conducted using multivariate logistic regression. The national prevalence of CKD was 0.17% (95% CI: 0.15–0.19). Multivariate analysis revealed a significantly increased CKD risk among individuals with a history of heart disease (aPOR = 15.899; 95% CI: 12.267–20.608), hepatitis (aPOR = 5.015; 95% CI: 2.575–9.770), diabetes (aPOR = 3.458; 95% CI: 2.913–4.106), age >40 years (aPOR = 3.327; 95% CI: 2.782–3.978), hypertension (aPOR = 3.310; 95% CI: 2.811–3.898), male sex (aPOR = 1.826; 95% CI: 1.603–2.080), low physical activity (aPOR = 1.782; 95% CI: 1.567–2.027), and obesity (aPOR = 0.853; 95% CI: 0.747–0.974). Heart disease was identified as the most dominant risk factor. It is recommended to strengthen the impact of Posbindu PTM and Cek Kesehatan Gratis programs and to utilize digital technology for collecting early detection data.

Keyword: Chronic Kidney Disease, Risk Factors, Indonesia Health Survey Data 2023