

HUBUNGAN *SEDENTARY LIFESTYLE* DAN POLA DIET DENGAN KEJADIAN STROKE PADA PASIEN STROKE USIA PRODUKTIF

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Abstrak

Stroke merupakan salah satu penyebab utama kematian dan kecacatan di seluruh dunia, termasuk pada kelompok usia produktif. Perubahan gaya hidup modern, seperti meningkatnya *sedentary lifestyle* dan pola diet yang buruk dapat menyebabkan stroke. Penelitian ini bertujuan menganalisis hubungan *sedentary lifestyle* dan pola diet dengan kejadian stroke pada pasien usia produktif. Penelitian ini menggunakan pendekatan kuantitatif dengan desain *cross-sectional* dan dilakukan di Poli Saraf RSUD Tarakan dengan jumlah sampel 120 pasien stroke pertama kali yang dipilih menggunakan teknik *non-probability sampling*. Data *sedentary lifestyle* diukur menggunakan *Sedentary Behaviour Questionnaire* (SBQ) dan pola diet menggunakan *Food Frequency Questionnaire* (FFQ), sedangkan data kejadian stroke diperoleh dari data medis pasien. Analisis data menggunakan uji korelasi Spearman. Hasil penelitian menunjukkan terdapat hubungan signifikan antara *sedentary lifestyle* dan kejadian stroke (*p-value* <0,001; *r* = 0,545) serta antara pola diet dan kejadian stroke (*p-value* <0,001; *r* = 0,419), dengan arah hubungan positif dan kekuatan korelasi kuat. Kesimpulan penelitian ini menunjukkan bahwa *sedentary lifestyle* dan pola diet berperan sebagai faktor risiko stroke pada usia produktif, sehingga diperlukan upaya promotif dan preventif untuk meningkatkan aktivitas fisik dan menerapkan pola makan sehat guna menurunkan risiko kejadian stroke.

Kata kunci: Pola Diet, *Sedentary Lifestyle*, Stroke, Usia Produktif

RELATIONSHIP BETWEEN SEDENTARY LIFESTYLE AND DIETARY PATTERNS WITH STROKE INCIDENCE AMONG PRODUCTIVE-AGE STROKE PATIENTS

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Abstract

Stroke is a major reason for death and serious disability around the world, including among productive-age population. Modern lifestyle changes, such as increased sedentary lifestyle and unhealthy dietary patterns, are suspected to contribute to an increased risk of stroke. This study aimed to analyze the relationship between sedentary lifestyle and dietary patterns with the incidence of stroke among patients of productive age. This study employed a quantitative approach with a cross-sectional design and was conducted at the Neurology Outpatient Clinic of RSUD Tarakan, involving 120 first-time stroke patients selected using a non-probability sampling technique. Sedentary lifestyle data were measured using the Sedentary Behaviour Questionnaire (SBQ), while dietary patterns were assessed using the Food Frequency Questionnaire (FFQ). Data on stroke incidence were obtained from patients' medical records. Data analysis was performed using the Spearman correlation test. The results showed a significant relationship between sedentary lifestyle and stroke incidence ($p\text{-value} < 0.001$; $r = 0.545$) as well as between dietary patterns and stroke incidence ($p\text{-value} < 0.001$; $r = 0.419$), indicating a positive relationship with strong correlation strength. In conclusion, sedentary lifestyle and dietary patterns play an important role as risk factors for stroke among the productive-age population. Therefore, promotive and preventive interventions are needed to encourage adequate physical activity and the adoption of healthy dietary patterns to reduce the risk of stroke.

Keywords: *Dietary Patterns, Productive Age, Sedentary Lifestyle, Stroke*