

# **FAKTOR-FAKTOR NON PENYAKIT DEGENERATIF PADA PASIEN GAGAL GINJAL KRONIK (GGK) DI KOMUNITAS INDONESIA KIDNEY CARE CLUB (IKCC)**

**Trisna Irawati Sianturi**

## **Abstrak**

Penyakit degeneratif ialah proses terjadinya penurunan fungsi sel tubuh dari keadaan normal akan menjadi lebih buruk. Penyakit Diabetes Mellitus (DM) dan Hipertensi (HT) merupakan penyakit degeneratif, faktor kejadian gagal ginjal kronik dari penyakit non degeneratif belum diketahui pasti, maka dari itu peneliti tertarik untuk melakukan penelitian “Faktor-Faktor Non Penyakit Degeneratif Pada Pasien Gagal Ginjal Kronik (GGK) di Komunitas Indonesia Kidney Care Club” Penelitian ini menggunakan desain penelitian retrospektif pada 78 sampel melalui metode purposive sampling. Pengumpulan data menggunakan kuesioner yang telah dilakukan uji validitas dan reliabilitas. Serta menggunakan data observasional. Hasil uji statistik menunjukkan nilai mikroalbuminuria ( $p = 0,027$ ) ( $r$  spearman = 0,251), proteinuria ( $p = 0,014$ ) ( $r$  spearman = 0,276), riwayat batu ginjal ( $p = 0,034$ ) ( $r$  spearman = 0,235), riwayat Sistemik Lupus Eritematosus (SLE) ( $p = 0,015$ ) ( $r$  spearman = 0,268), glomerulonephritis ( $p = 0,027$ ) ( $r$  spearman = 0,251), hiperkolestrol ( $p = 0,025$ ) ( $r$  spearman = 0,254), perilaku merokok terhadap gagal ginjal kronik ( $p = 0,002$ ) ( $r$  spearman = 0,343), pola minum soda terhadap gagal ginjal kronik ( $p = 0,002$ ) ( $r$  spearman = 0,338). Disimpulkan bahwa faktor non penyakit degeneratif yang berhubungan gagal ginjal kronik ialah mikroalbuminuria, proteinuria, riwayat Sistemik Lupus Eritematosus (SLE), glomerulonephritis, hiperkolestrol, perilaku merokok, pola minum soda.

**Kata Kunci :** Non penyakit Degeneratif, Gagal Ginjal Kronik

# **NON-DEGENERATIVE DISEASE FACTORS IN CHRONIC KIDNEY PATIENT (GGK) PATIENTS IN INDONESIA KIDNEY CARE CLUB (IKCC) COMMUNITY**

**Trisna Irawati Sianturi**

## **Abstract**

Degenerative disease is the process of decreasing the function of body cells from normal conditions will get worse. Diabetes Mellitus (DM) and Hypertension (HT) are degenerative diseases, the factor of chronic renal failure from non degenerative diseases is not yet known, therefore researchers are interested in conducting research "Non-Degenerative Factors in Chronic Kidney Failure Patients ) in the Kidney Care Club Indonesian Community " This study uses a retrospective research design on 78 samples through a purposive sampling method. Data collection using a questionnaire that has been tested for validity and reliability. And using observational data. Statistical test results showed the value of microalbuminuria ( $p = 0.027$ ) ( $r$  spearman = 0.251), proteinuria ( $p = 0.014$ ) ( $r$  spearman = 0.276), history of kidney stones ( $p = 0.034$ ) ( $r$  spearman = 0.235), systemic history of Lupus Eritematosus (SLE) ( $p = 0.015$ ) ( $r$  spearman = 0.268), glomerulonephritis ( $p = 0.027$ ) ( $r$  spearman = 0.251), hypercholesterolemia ( $p = 0.025$ ) ( $r$  spearman = 0.254), smoking behavior towards chronic kidney failure ( $p = 0,002$ ) ( $r$  spearman = 0,343), the pattern of drinking soda against chronic kidney failure ( $p = 0.002$ ) ( $r$  spearman = 0.338). It was concluded that the non degenerative factors associated with chronic renal failure were microalbuminuria, proteinuria, history of systemic lupus eritematosus (SLE), glomerulonephritis, hypercholesterolemia, smoking behavior, soda drinking patterns.

**Keywords:** Non Degenerative Disease, Chronic Kidney Failure