

HUBUNGAN HIPERTENSI DENGAN KEJADIAN KATARAK SENILIS PADA PASIEN POLIKLINIK MATA RSU KERTHA USADA PERIODE 2024

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ABSTRAK

Katarak senilis merupakan salah satu penyebab utama kebutaan di dunia, terutama pada usia lanjut, yang terjadi akibat proses degeneratif pada lensa mata. Hipertensi diduga memiliki peran dalam terjadinya katarak melalui mekanisme peningkatan stres oksidatif serta gangguan terhadap kestabilan protein kristalin lensa. Penelitian ini bertujuan untuk menganalisis hubungan antara hipertensi dan kejadian katarak senilis pada pasien yang berkunjung ke Poliklinik Mata RSU Kertha Usada. Penelitian ini menggunakan desain analitik observasional dengan pendekatan cross-sectional. Sampel penelitian sebanyak 126 pasien diperoleh melalui teknik simple random sampling dari data kunjungan selama tahun 2024. Data yang bersumber dari rekam medis dianalisis menggunakan uji *Chi-Square* untuk menilai hubungan antara hipertensi dan katarak senilis. Hasil penelitian menunjukkan bahwa katarak senilis merupakan diagnosis mata terbanyak dengan proporsi sebesar 69%. Sebanyak 42 responden (33,3%) tercatat memiliki hipertensi. Proporsi katarak senilis ditemukan lebih tinggi pada kelompok dengan hipertensi (90,5%) dibandingkan kelompok tanpa hipertensi (61,9%). Hasil uji *Chi-Square* menunjukkan adanya hubungan yang signifikan antara hipertensi dan kejadian katarak senilis ($p = 0,002$). Nilai *Odds Ratio* sebesar 5,846 mengindikasikan bahwa pasien dengan hipertensi memiliki risiko hampir enam kali lebih besar untuk mengalami katarak senilis. Dengan demikian, hipertensi berhubungan secara signifikan dengan kejadian katarak senilis.

Kata-kata kunci: Katarak Senilis, Hipertensi

THE RELATIONSHIP BETWEEN HYPERTENSION AND THE INCIDENCE OF SENILE CATARACTS IN POLYCLINIC EYE PATIENTS OF KERTHA USADA HOSPITAL FOR THE 2024 PERIOD

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ABSTRACT

Senile cataracts are one of the leading causes of blindness in the world, especially in old age, which occurs due to degenerative processes in the lens of the eye. Hypertension is thought to have a role in the occurrence of cataracts through the mechanism of increased oxidative stress as well as disruption of the stability of lens crystalline proteins. This study aims to analyze the relationship between hypertension and the incidence of senile cataracts in patients who visit the Eye Polyclinic of RSU Kertha Usada. This study uses an observational analytical design with a cross-sectional approach. The research sample of 126 patients was obtained through a simple random sampling technique from visit data during 2024. Data sourced from medical records were analyzed using *the Chi-Square test* to assess the relationship between hypertension and senile cataracts. The results showed that senilicis cataracts were the most common eye diagnoses with a proportion of 69%. A total of 42 respondents (33.3%) were recorded to have hypertension. The proportion of senile cataracts was found to be higher in the group with hypertension (90.5%) than in the group without hypertension (61.9%). The results of the Chi-Square test showed a significant association between hypertension and the incidence of senile cataracts ($p = 0.002$). An *Odds Ratio* value of 5.846 indicates that patients with hypertension have almost six times greater risk of developing senilis cataracts. Thus, hypertension is significantly related to the incidence of senile cataracts.

Keywords: Senilized Cataract, Hypertension