

ABSTRAK

Latar Belakang: Retinopati diabetik (RD) merupakan komplikasi utama diabetes melitus yang dapat menyebabkan kebutaan. RD terbagi menjadi retinopati diabetik non-proliferatif (RDNP) dan proliferasif (RDP). Berbagai faktor risiko seperti usia, jenis kelamin, durasi diabetes, kadar HbA1c, hipertensi, kolesterol, serta riwayat merokok diduga memengaruhi tingkat keparahan RD. Penelitian ini bertujuan mengetahui perbedaan faktor risiko antara pasien RDNP dan RDP di Poli Mata Rumah Sakit Santosa Central Kota Bandung tahun 2024. **Metode:** Metode penelitian menggunakan desain kuantitatif dengan pendekatan potong-lintang berbasis data sekunder rekam medis pasien terdiagnosis RD pada tahun 2024. Sebanyak 118 sampel mata dianalisis menggunakan metode *purposive sampling*. Uji *Chi-Square* digunakan untuk menilai perbandingan faktor risiko dengan tingkat keparahan RD. **Hasil:** Hasil penelitian menunjukkan 34,7% pasien mengalami RDNP dan 65,3% mengalami RDP. Terdapat perbedaan signifikan antara keparahan RD dengan usia $p = 0,000$, jenis kelamin $p = 0,020$, durasi diabetes $p = 0,001$, kadar HbA1c $p = 0,001$, serta hipertensi $p = 0,017$. Sebaliknya, kolesterol $p = 0,427$ dan riwayat merokok $p = 0,644$ tidak terdapat perbedaan yang signifikan. **Kesimpulan:** Penelitian ini menunjukkan bahwa usia, jenis kelamin, durasi diabetes, kadar HbA1c, dan hipertensi merupakan faktor risiko yang berhubungan dengan tingkat keparahan RD, sementara kolesterol dan riwayat merokok tidak terbukti signifikan.

Kata Kunci: Retinopati diabetik, RDNP, RDP, faktor risiko

ABSTRACT

Background: Diabetic retinopathy (DR) is a major complication of diabetes mellitus that can lead to blindness. DR is classified into non-proliferative diabetic retinopathy (NPDR) and proliferative diabetic retinopathy (PDR). Several risk factors, such as age, sex, duration of diabetes, HbA1c levels, hypertension, cholesterol, and smoking history, are suspected to influence the severity of DR. This study aimed to identify differences in risk factors between NPDR and PDR patients at the Ophthalmology Clinic of Santosa Central Hospital, Bandung, in 2024. **Methods:** This study employed a quantitative design with a cross-sectional approach using secondary data from medical records of DR patients diagnosed in 2024. A total of 118 eyes were analyzed using purposive sampling. The Chi-Square test was applied to assess the association between risk factors and the severity of DR. **Results:** The findings showed that 34.7% of patients had NPDR and 65.3% had PDR. Significant differences in DR severity were observed with age $p = 0.000$, sex $p = 0.020$, duration of diabetes $p = 0.001$, HbA1c levels $p = 0.001$, and hypertension $p = 0.017$. In contrast, cholesterol $p = 0.427$ and smoking history $p = 0.644$ were not significantly associated. **Conclusion:** This study indicates that age, sex, duration of diabetes, HbA1c levels, and hypertension are significant risk factors associated with DR severity, whereas cholesterol and smoking history were not proven to be significant.

Keywords: Diabetic retinopathy, NPDR, PDR, risk factors