

Faktor Risiko Kejadian Infeksi Saluran Kemih Pada Dewasa Di Komunitas

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Abstrak

Latar Belakang: Infeksi saluran kemih (ISK) merupakan infeksi yang banyak terjadi di komunitas dan lebih sering dialami perempuan. Informasi mengenai faktor risiko dan pola bakteri penyebab diperlukan untuk mendukung strategi pencegahan di layanan kesehatan primer.

Tujuan: Menganalisis faktor risiko kejadian ISK dan mengidentifikasi bakteri uropatogen dominan pada pasien di komunitas.

Metode: Penelitian observasional analitik dengan desain *cross sectional* pada pasien usia ≥ 18 tahun dengan dugaan ISK. Data diperoleh melalui wawancara dan pemeriksaan kultur urin clean catch midstream. Analisis hubungan variabel risiko dengan kejadian ISK menggunakan uji chi-square.

Hasil: Mayoritas responden adalah perempuan dan berusia $\geq 18 - 59$ tahun. Jenis kelamin dan usia berhubungan bermakna dengan kejadian ISK ($p < 0,05$). Variabel penyakit penyerta, riwayat menahan berkemih, riwayat hubungan seksual, dan riwayat rawat inap tidak menunjukkan hubungan bermakna ($p > 0,05$). *Escherichia coli* merupakan penyebab yang paling sering ditemukan pada kultur urin.

Kesimpulan: Perempuan dan usia ≥ 60 tahun memiliki risiko lebih tinggi mengalami ISK di komunitas, serta *Escherichia coli* menjadi penyebab utama. Upaya pencegahan perlu difokuskan pada kelompok perempuan dan orang lanjut usia melalui edukasi perilaku berkemih sehat di layanan primer.

Kata kunci: infeksi saluran kemih; faktor risiko; *Escherichia coli*; kultur urin; komunitas

Risk Factors of Urinary Tract Infection among Adults in the Community

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Abstract

Background: Urinary tract infection (UTI) is one of the most common infections in the community and predominantly affects females due to anatomical susceptibility. Identifying risk factors and bacterial patterns is crucial to support prevention strategies in primary health care settings.

Objective: To analyze risk factors associated with community-acquired UTI and to determine the dominant uropathogenic bacteria among patients in the community.

Methods: This observational analytic study employed a cross-sectional design involving patients aged ≥ 18 years with suspected UTI. Data were collected through structured interviews and *clean catch midstream* urine culture examination. Associations between risk factors and UTI occurrence were analyzed using the chi-square test.

Results: Most respondents were female and aged ≥ 18 –59 years. Sex and age were significantly associated with urinary tract infection (UTI) ($p < 0.05$), while comorbidities, urinary retention, sexual history, and prior hospitalization showed no significant association ($p > 0.05$). *Escherichia coli* is the most prevalent species identified in urine cultures.

Conclusion: Female sex and age ≥ 60 years were associated with a higher risk of community-acquired UTI, with *Escherichia coli* as the leading pathogen. Preventive strategies should prioritize women and older adults through education on healthy voiding practices in primary care.

Keywords: urinary tract infection; risk factors; *Escherichia coli*; urine culture; community