

ABSTRAK

Latar Belakang: Katarak merupakan salah satu penyebab utama kebutaan yang menjadi masalah kesehatan masyarakat di dunia. Prevalensi kebutaan di Indonesia yang disebabkan karena katarak sebesar 77,7%. Katarak merupakan salah satu gangguan penglihatan yang disebabkan oleh kekeruhan lensa pada mata. Katarak dapat disebabkan karena beberapa faktor, salah satunya adalah hiperglikemia kronis yang dapat terjadi karena diabetes mellitus (DM) yang tidak terkontrol.

Tujuan: Mengetahui hubungan kadar HbA1c dan lama menderita diabetes terhadap derajat kekeruhan lensa penderita katarak.

Metode: Penelitian ini merupakan penelitian *cross-sectional*. Subjek penelitian adalah pasien Poli Mata Rumah Sakit Nasional Diponegoro dan Rumah Sakit Umum Pusat Dr. Kariadi (n=38) yang dipilih secara *purposive sampling*. Data yang diperoleh merupakan data primer berupa kadar HbA1c, derajat kekeruhan lensa mata, lama menderita DM, berat badan, dan data sekunder berupa usia dan jenis kelamin. Analisis data dilakukan menggunakan uji Spearman Rank dan Kruskal-Wallis.

Hasil: Terdapat hubungan bermakna antara kadar HbA1c dengan derajat kekeruhan lensa mata ($P < 0,01$; $P < 0,01$; $P = 0,013$). Terdapat hubungan bermakna antara lama menderita DM dengan derajat kekeruhan lensa mata ($P = 0,028$; $P = 0,046$; $P = 0,189$)

Simpulan: Terdapat hubungan bermakna antara kadar HbA1c dan lama menderita DM terhadap derajat kekeruhan lensa mata.

Kata Kunci: Katarak, Diabetes Mellitus, HbA1c, LOCS III

ABSTRACT

Introduction: *Cataract is one of the leading causes of blindness that has become a health problem in the world. Indonesia's prevalence of blindness caused by cataract is 77,7%. Cataract is a visual disturbance caused by cloudiness in the eye. Cataract can be caused by several reasons, one of the factors is chronic hyperglycemia which occurs due to uncontrolled diabetes.*

Objective: *This study aims to discover the correlation between HbA1c and duration of diabetes towards grade of cataract.*

Methods: *This study was an observational analytical with a cross-sectional design. The subjects of this study were the patient in Eye Polyclinic at the Diponegoro National Hospital and Dr. Kariadi Central General Hospital (n=38). The data obtained for this research was a primary data from HbA1c levels, degree of cataract, duration of diabetes, body weight, and secondary data from age and gender. The correlation analysis was done using Spearman Rank test and Kruskal-wallis test.*

Results: *There was a significant correlation between HbA1c levels and the grade of cataract ($p < 0,01$; $P < 0,01$; $P = 0,013$). There was a correlation between duration of diabetes with degree of cataract. ($P = 0,028$; $P = 0,046$; $P = 0,189$)*

Conclusion: *There was a significant correlation between HbA1c levels and duration of diabetes with the degree of cataract*

Keywords: Cataract, Diabetes Mellitus, HbA1c, LOCS III