

ABSTRACT

RIYAN ABAS. Risk factors of the Benign Prostate Hyperplasia (BPH) at Toto Kabila Hospital. Supervised by ABDUL WAHAB PAKAYA as chairman and FADLI SYAMSUDDIN as member.

Benign Prostatic Hyperplasia is the most common disease in men and is the second most common cause of death from cancer in men. However, several studies have shown that BPH occurs as a result of several factors such as age, smoking habits, consumption patterns or diet and a family history of having BPH. The objective of research was to determine the risk factors for the incidence of Benign Prostate Hyperplasia (BPH). The research method is quantitative with an analytical survey and uses a cross sectional research design. The total population is 21 BPH patients with sampling using total sampling technique where the number of samples is the same as the total population, namely 21 patients. The results showed the average patient had moderate BPH as many as 11 people, heavy 9 people and mild 1 person, the results of data analysis showed the age factor obtained p value = $0.059 < 0.05$, family history factor p Value = $0.031 < 0.05$, smoking habit factor pValue= $0.004 < 0.05$ and dietary pattern factor pValue= $0.019 < 0.05$. The conclusion, there is a relationship between age, family history, smoking habits and dietary patterns with the incidence of Benign Prostate Hyperplasia (BPH) at Toto Kabila Hospital.

Keywords: *Benign Prostate Hyperplasia (BPH), Age, Family History, Smoking Habits and Diet Patterns.*

ABSTRAK

RIYAN ABAS. Faktor resiko kejadian *Benign Prostat Hyperplasia* (BPH) di RS Toto Kabila. Dibimbing oleh ABDUL WAHAB PAKAYA sebagai ketua dan FADLI SYAMSUDDIN sebagai anggota.

Benign Prostatic Hyperplasia merupakan penyakit yang paling umum pada pria dan merupakan penyebab kedua kematian yang paling umum akibat kanker pada pria. Namun beberapa penelitian menunjukkan BPH terjadi akibat dari beberapa faktor seperti usia, kebiasaan merokok, pola konsumsi atau diet dan riwayat keluarga yang memiliki BPH. Tujuan penelitian untuk mengetahui faktor resiko kejadian *Benign Prostat Hyperplasia* (BPH). Metode penelitian kuantitatif dengan survey analitik dan menggunakan desain penelitian *cross sectional*. Jumlah populasi sebanyak 21 pasien BPH dengan penarikan sampel menggunakan tehnik *total sampling* dimana jumlah sampel sama dengan jumlah populasi yaitu 21 pasien. Hasil penelitian menunjukkan rata-rata pasien mengalami BPH sedang sebanyak 11 orang, berat 9 orang dan ringan 1 orang, hasil analisis data menunjukkan faktor usia diperoleh nilai pvalue= $0.059 < 0,05$, faktor riwayat keluarga nilai pValue= $0.031 < 0,05$, faktor kebiasaan merokok nilai pValue= $0.004 < 0,05$ dan faktor pola diet nilai pValue= $0.019 < 0,05$. Kesimpulan pada penelitian terdapat hubungan faktor usia, riwayat keluarga, kebiasaan merokok dan pola diet dengan kejadian *Benign Prostat Hyperplasia* (BPH) di RS Toto Kabila.

Kata Kunci : *Benign Prostat Hyperplasia (BPH), Usia, Riwayat Keluarga, Kebiasaan Merokok dan Pola Diet.*