

ABSTRAK

Pendahuluan: Prevalensi DM tipe 2 di Indonesia terus meningkat dan menjadi isu penting, terutama pada pegawai pemerintah yang rentan terhadap berbagai faktor risiko. Penelitian ini bertujuan menganalisis faktor risiko kejadian DM tipe 2 pada pegawai pemerintah di Indonesia.

Metode: Penelitian ini menggunakan data sekunder Survei Kesehatan Indonesia 2023 dengan desain *cross-sectional*. Sampel terdiri dari 30.631 responden diperoleh dengan teknik *Probability Proportional to Size* (PPS). Analisis data dilakukan dengan uji *Complex Sample Chi-Square* dan *Logistic Regression*.

Hasil: Proporsi DM tipe 2 berdasarkan diagnosis dokter pada pegawai pemerintah sebesar 2,5%. Terdapat hubungan antara usia, jenis kelamin, konsumsi makanan manis, hipertensi, aktivitas fisik, merokok, stres, dan status sosial ekonomi dengan kejadian DM tipe 2 pada pegawai pemerintah di Indonesia. Usia merupakan faktor risiko dominan terhadap kejadian DM tipe 2 (POR = 7,287 ; 95% CI: 4,786-11,095) setelah dikontrol konsumsi makanan manis, hipertensi, aktivitas fisik, merokok, dan sosial ekonomi.

Kesimpulan: Pegawai berusia ≥ 45 tahun, berjenis kelamin laki-laki, sering mengonsumsi makanan manis, beraktivitas fisik ringan, hipertensi, merokok, stres, dan status sosial ekonomi rendah berisiko lebih tinggi mengalami DM tipe 2. Diperlukan upaya perubahan gaya hidup sehat pada pegawai pemerintah untuk menurunkan risiko kejadian DM tipe 2.

Kata Kunci: Faktor Risiko, Diabetes Melitus Tipe 2, Pegawai Pemerintah

ABSTRACT

Introduction: The prevalence of type 2 DM in Indonesia continues to increase and is an important issue, especially in government employees who are vulnerable to various risk factors. This study aims to analyze the risk factors for the incidence of type 2 DM in government employees in Indonesia.

Methods: This study used secondary data from the 2023 Indonesian Health Survey with a cross-sectional design. The sample consisted of 30,631 respondents obtained using the Probability Proportional to Size (PPS) technique. Data analysis was carried out using the Complex Sample Chi-Square and Logistic Regression tests.

Results: The proportion of type 2 DM based on a doctor's diagnosis in government employees was 2.5%. There is a relationship between age, gender, consumption of sweet foods, hypertension, physical activity, smoking, stress, and socioeconomic status with the incidence of type 2 DM in government employees in Indonesia. Age is the dominant risk factor for the incidence of type 2 DM (POR = 7.287; 95% CI: 4.786-11.095) after controlling for consumption of sweet foods, hypertension, physical activity, smoking, and socioeconomics.

Conclusion: Employees aged ≥ 45 years, male, often consume sweet foods, do light physical activity, have hypertension, smoke, stress, and low socioeconomic status are at higher risk of developing type 2 DM. Efforts to change a healthy lifestyle are needed in government employees to reduce the risk of type 2 DM.

Keywords: Risk Factors, Type 2 Diabetes Mellitus, Government Employees