

## ABSTRAK

### **Pengaruh Kebiasaan Makan Terhadap Kejadian Tumor Payudara pada Lansia Wanita di Perkotaan Indonesia**

Nurmalia Istikhomah<sup>(1)</sup>, Khairizka Citra Palupi, S.Gz, M.Sc, RD<sup>(2)</sup>, Harna, S.Gz, M.Si<sup>(3)</sup>, Mertien Sa'pang S.Gz., M.Si, RD<sup>(4)</sup>, Lintang Purwara Dewanti, S.Gz., M.Gizi<sup>(5)</sup>

**Latar Belakang:** Tumor payudara merupakan penyakit tumor dengan persentase kasus baru tertinggi yaitu 43,3 persen dan persentase kematian akibat tumor payudara sebesar 12,8 persen. Wanita paling sering terserang tumor payudara yakni wanita yang berusia  $\geq 45$  tahun yakni dengan persentase 48%. Terjadi penurunan jumlah penderita dari tahun 2015 ke tahun 2016 namun terdapat peningkatan jumlah kematian dari tahun 2015 ke tahun 2016 akibat tumor payudara.

**Tujuan:** Mengetahui variabel yang paling berpengaruh dari kebiasaan makan terhadap kejadian tumor payudara pada lansia wanita di perkotaan Indonesia

**Metode:** Menggunakan desain studi *Cross Sectional* dan menggunakan data sekunder Riset PTM 2016. Sampel penelitian berjumlah 16.444 responden (*cluster random sampling*) berusia 45-46 tahun dalam Riset PTM. Variabel yang diteliti yaitu variabel independen terdiri dari konsumsi protein hewani, protein nabati, sayur, buah, minyak, susu dan olahan, makanan cepat saji dan konsumsi alkohol. Serta pengolahan makanan dibakar/asap, digoreng, dipanggang, direbus, ditumis, dikukus dan konsumsi makanan mentah/segar; dan variabel dependen yaitu kejadian tumor payudara. Kebiasaan makan dan pengolahan makanan diperoleh dari *food frequency questionnaire*. Analisis data menggunakan *chi square* dan uji regresi logistik.

**Hasil:** Adanya hubungan makanan yang digoreng terhadap kejadian tumor payudara OR 1,21 (95% CI: 1,01-1,46). Analisis multivariat menunjukkan hubungan konsumsi protein hewani OR 1,20 (95% CI: 1,07-1,35) dan konsumsi minyak 1,91 (95% CI: 1,22-3,01) terhadap kejadian tumor payudara pada lansia wanita di perkotaan Indonesia.

**Kesimpulan:** Kebiasaan konsumsi protein hewani, minyak dan makanan yang digoreng meningkatkan risiko tumor payudara pada lansia wanita di perkotaan Indonesia. Disarankan bagi lansia wanita untuk mengurangi atau menghindari konsumsi protein hewani, minyak dan makanan yang digoreng serta meningkatkan konsumsi protein nabati.

**Kata Kunci:** Kebiasaan makan, metode memasak, tumor payudara, lansia wanita.

## ABSTRACT

### *The effect of eating habits on the incidence of breast tumors among elderly women in Indonesian Urban*

Nurmalia Istikhomah<sup>(1)</sup>, Khairizka Citra Palupi, S.Gz, M.Sc, RD<sup>(2)</sup>, Harna, S.Gz, M.Si<sup>(3)</sup>, Mertien Sa'pang S.Gz., M.Si, RD<sup>(4)</sup>, Lintang Purwara Dewanti, S.Gz., M.Gizi<sup>(5)</sup>

**Background:** Breast tumor is a tumor disease with the highest percentage of new cases, namely 43.3 percent and the percentage of deaths due to breast tumors of 12.8 percent. Women most often suffer from breast tumors are women aged  $\geq 45$  years with a percentage of 48%. There was a decrease in the number of sufferers from 2015 to 2016 but there was an increase in the number of deaths from 2015 to 2016 due to breast tumors.

**Objective:** Knowing the most influential variables of eating habits on the incidence of breast tumors in elderly women in urban Indonesia

**Methods:** Using a Cross Sectional study design and using secondary data for the 2016 PTM Research. The research sample consisted of 16,444 respondents (total sampling) aged 45-64 years in PTM Research. The variables studied were independent variables consisting consumption of animal protein, vegetable protein, vegetables, fruit, oil sources, milk and dairy, fast food, and alcohol consumption. A cooking method as grilled, fried, baked, boiled, sauteed, steamed, and consumption of raw food; and the dependent variable is the incidence of breast tumors. Eating habits and cooking methods were obtained from a food frequency questionnaire. Data analysis used chi square and logistic regression test.

**Results:** There was a correlation between fried foods and the incidence of breast tumors OR 1,21 (95% CI: 1,01-1,46). Multivariate analysis showed a relationship between consumption of animal protein OR 1,20 (95% CI: 1,07-1,35), oil consumption of 1,91 (95% CI: 1,22-3,01) and consumption of vegetable protein as a protective factor OR 0,70 (95% CI: 0,51-0,98) on the incidence of breast tumors in elderly women in urban Indonesia.

**Conclusion:** The habit of consuming animal protein, oil and fried foods increases the risk of breast tumors in elderly women in urban Indonesia. It is recommended for elderly women to reduce or avoid consumption of animal protein, oil and fried foods and to increase consumption of vegetable protein.

**Keywords:** Eating habits, cooking methods, breast tumors, elderly women

