

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN UNIVERSITAS  
MUHAMMADIYAH MAKASSAR**

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Muhammad Hidayat Nurwahid<sup>1</sup>, Nelly<sup>2</sup>, Nurfaidah<sup>3</sup>, Alamsyah<sup>4</sup>

<sup>1</sup>Mahasiswa Pendidikan Dokter Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar, <sup>2</sup>Dosen Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar, <sup>3</sup>Dosen Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar, <sup>4</sup>Dosen Departemen Al-Islam Kemuhammadiyah Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar

**ANALISIS KARAKTERISTIK STADIUM KATARAK DI  
POLIKLINIK MATA RSUD MOKOPIDO TOLITOLI TAHUN 2024**

**ABSTRAK**

**Latar Belakang :** Katarak merupakan penyebab utama gangguan penglihatan dan kebutaan yang bersifat reversibel. Stadium katarak senilis, khususnya imatur dan matur, mencerminkan tingkat progresivitas penyakit yang dapat dipengaruhi oleh faktor usia, kondisi sistemik, dan gaya hidup.

**Tujuan :** Mengetahui hubungan usia, jenis kelamin, diabetes melitus, hipertensi, dan kebiasaan merokok dengan stadium katarak serta menentukan faktor yang paling dominan di Poliklinik Mata RSUD Mokopido Tolitoli tahun 2024.

**Metode :** Penelitian observasional analitik dengan desain cross-sectional menggunakan data rekam medik 235 pasien katarak senilis. Analisis dilakukan secara univariat, bivariat menggunakan uji Chi-Square, dan multivariat menggunakan regresi logistik dengan tingkat kemaknaan  $p \leq 0,05$ .

**Hasil :** Usia dan hipertensi berhubungan secara signifikan dengan stadium katarak ( $p < 0,05$ ), sedangkan jenis kelamin, diabetes melitus, dan kebiasaan merokok tidak berhubungan bermakna ( $p > 0,05$ ). Pada analisis multivariat, usia dan hipertensi tetap berhubungan signifikan dan menjadi faktor yang paling berpengaruh terhadap stadium katarak.

**Kesimpulan :** Usia dan hipertensi merupakan faktor yang berhubungan signifikan dengan stadium katarak dan tetap berpengaruh setelah analisis multivariat. Faktor degeneratif dan kondisi vaskular berperan penting dalam progresivitas stadium katarak.

**Kata Kunci :** stadium katarak, katarak senilis, usia, hipertensi, regresi logistik.

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Muhammad Hidayat Nurwahid<sup>1</sup>, Nelly<sup>2</sup>, Nurfaidah<sup>3</sup>, Alamsyah<sup>4</sup>

<sup>1</sup>Medical Student, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Makassar, <sup>2</sup>Lecturer, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Makassar, <sup>3</sup>Lecturer, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Makassar, <sup>4</sup>Lecturer, Department of Al-Islam and Muhammadiyah Studies, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Makassar

**CHARACTERISTIC ANALYSIS OF CATARACT STAGES IN THE EYE  
POLYCLINIC OF MOKOPIDO TOLITOLI REGIONAL HOSPITAL IN 2024**

**ABSTRACT**

**Background :** Cataract is the leading cause of reversible visual impairment and blindness. The stage of senile cataract, particularly immature and mature stages, reflects disease progression and may be influenced by age, systemic conditions, and lifestyle factors.

**Objective :** To determine the relationship between age, sex, diabetes mellitus, hypertension, and smoking habits with cataract stage and to identify the most dominant factor at the Ophthalmology Clinic of RSUD Mokopido Tolitoli in 2024.

**Methods :** This analytical observational study employed a cross-sectional design using medical record data from 235 patients diagnosed with senile cataract. Data were analyzed using univariate analysis, Chi-Square test for bivariate analysis, and logistic regression for multivariate analysis with a significance level of  $p \leq 0.05$ .

**Results :** Age and hypertension were significantly associated with cataract stage ( $p < 0.05$ ), whereas sex, diabetes mellitus, and smoking habits were not significantly related ( $p > 0.05$ ). In multivariate analysis, age and hypertension remained significantly associated and were identified as the most influential factors affecting cataract stage.

**Conclusion :** Age and hypertension are significantly associated with cataract stage and remain influential after multivariate analysis. Degenerative processes and vascular conditions play important roles in the progression of cataract stage.

**Keywords :** cataract stage, senile cataract, age, hypertension, logistic regression.