

**HUBUNGAN POLA KONSUMSI MAKAN DAN AKTIVITAS FISIK
DENGAN KEJADIAN KANKER KOLON DI INSTALASI RAWAT INAP
RSUD DR. SOETOMO SURABAYA
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(Studi Kuantitatif di Instalasi Rawat Inap Bedah RSUD Dr. Soetomo Surabaya)

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ABSTRAK

Insidens karsinoma kolon dan rektum di Indonesia cukup tinggi, demikian juga angka kematiannya. Kanker kolon termasuk jenis kanker dengan tingkat keganasan tertinggi dan penyebab kematian keempat terbanyak di dunia dan keenam di Asia Tenggara. Dan hingga saat ini kanker kolon tetap termasuk dalam 10 besar kanker yang sering terjadi di Indonesia. Namun, belum diketahui secara pasti penyebab dari terjadinya kanker kolon tersebut. Salah satu faktor yang mungkin menjadi penyebabnya adalah *gaya hidup (life style)*, mulai dari pola makan yang tidak sehat sampai kurangnya aktivitas fisik seperti olahraga. Untuk itu, tujuan penelitian ini adalah untuk mengetahui gambaran tentang kanker kolon pada penderita kanker kolon dan apakah terdapat hubungan antara faktor pola konsumsi makan (serat) dan aktivitas fisik dengan kejadian kanker kolon di RSUD Dr. Soetomo Surabaya tahun 2015.

Penelitian ini merupakan penelitian analitik dan menggunakan metode *cross sectional*. Pengambilan sampel dilakukan secara *total sampling* dimana seluruh pasien Kanker Kolon di Instalasi Rawat Inap Bedah RSUD Dr. Soetomo Surabaya pada bulan Juli 2015 yang memenuhi kriteria inklusi sampel, di ambil menjadi sampel penelitian yaitu didapati sebanyak 14 responden yang menderita kanker kolon.

Dari hasil uji statistik *Korelasi Spearmen* diketahui bahwa terdapat hubungan signifikan antara pola konsumsi makan (serat) dengan kejadian kanker kolon ($p=0,000 < \alpha=0,05$), dan juga terdapat hubungan antara aktivitas fisik dengan kejadian kanker kolon ($p=0,029 < \alpha=0,05$).

Hasil penelitian ini menunjukkan ada hubungan antara pola konsumsi makan (serat) dan aktivitas fisik dengan kejadian kanker kolon. Sebaiknya dilakukan perubahan sikap dan perilaku gaya hidup yang kurang baik dari segi pola makan dan aktivitas fisik, serta perlunya pengembangan program pelayanan kesehatan secara promotif dan preventif dalam upaya mengurangi kejadian kanker kolon.

Kata Kunci: Kanker Kolon, Pola Konsumsi Makan, Asupan Serat, Aktivitas Fisik

**Correlation between Consumption Patterns Of Eating and Physical Activity
with Incidence of Colon Cancer at RSUD Dr. Soetomo Surabaya
2015 Years**

(Quantitative Study at Inpatient PROVINCIAL HOSPITALS Surgical Installation
of Dr. Soetomo Surabaya)

ABSTRACT

The incidence of Carcinoma of the colon and rectum in Indonesia is quite high, similarly the mortality rate. Colon cancer includes cancers with the highest degree of malignancy and the fourth leading cause of death in the world and sixth in Southeast Asia. And to this day remains the colon cancer was included in the top 10 cancers often occur in Indonesia. However, it is not yet known with certainty the cause of the occurrence of colon cancer. One factor that may be the cause is the lifestyle, ranging from unhealthy eating patterns to the lack of physical activity such as exercise. Therefore, the goal of this research is to know the description of colon cancer in colon cancer patients and whether there is a connection between the factors of consumption patterns of eating (fiber) and physical activity with the incidence of colon cancer in the PROVINCIAL HOSPITAL of Dr. Soetomo Surabaya in 2015.

This research is analytical and research using the method of *cross sectional*. Sampling done in *total sampling* in which the entire Colon cancer patients in Inpatient PROVINCIAL HOSPITALS Surgical installation of Dr. Soetomo Surabaya in July 2015 which meet the criteria of inclusion in the sample and take a sample of the research that is being found as many as 14 respondents who suffered from colon cancer.

From the results of statistical tests of *correlation Spearman* known that there is a relationship significantly between consumption patterns of eating (fiber) with the Genesis cancer colon ($p = 0.000 < \alpha = 0.05$), and there is also a relationship between physical activity with the incidence of colon cancer ($p=0,029 < \alpha =0.05$).

The results of this research show there is a connection between the consumption patterns of eating (fiber) and physical activity with incidence of colon cancer. This research recommends that “you” do a change in attitude and lifestyle behaviors that are less good in terms of diet and physical activity, as well as the need for program development in health services with promotion and preventive in an attempt to reduce the incidence of colon cancer.

Keywords : *Colon Cancer, Consumption Patterns of Eating, Fiber, Physical Activity*