

**ANALISIS FAKTOR YANG MEMPENGARUHI
RISIKO GANGGUAN BIPOLAR
DI KOTA BANDA ACEH**

TESIS

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Analisis Faktor yang Mempengaruhi Resiko Gangguan Bipolar di Kota Banda Aceh

xvii + 129 hal + 11 tabel + 7 lampiran + 3 skema

Abstrak

Gangguan bipolar merupakan gangguan jiwa terbanyak dibandingkan gangguan jiwa lainnya. Ada beberapa faktor risiko yang mempengaruhi terjadinya gangguan bipolar. Apabila beberapa faktor ini diperhatikan, dampak buruk dari gangguan bipolar seperti risiko bunuh diri tidak akan terjadi. Penelitian ini bertujuan mengetahui faktor-faktor yang mempengaruhi risiko gangguan bipolar. Desain penelitian analitik korelasi, pendekatan *cross secsional study*. Lokasi penelitian adalah 3 Kelurahan di Kota Banda Aceh. Sampel 382 remaja dengan teknik *cluster sampling*. Data dianalisis menggunakan *chi square* dan analisis regresi logistik. Hasil penelitian adalah kurang dari setengah (27,7%) remaja berisiko mengalami gangguan bipolar. Ada hubungan faktor usia, genetik, psikologis dan lingkungan dengan risiko gangguan bipolar. Tidak ada hubungan penyalahgunaan zat/ alkohol dengan risiko gangguan bipolar. Faktor psikologis (konsep diri) merupakan faktor yang paling dominan terhadap risiko gangguan bipolar. Diharapkan dengan hasil penelitian ini petugas kesehatan di komunitas dapat meningkatkan preventif dan promotif tentang risiko gangguan bipolar pada kelompok berisiko khususnya remaja.

Kata Kunci : Gangguan Bipolar, Faktor Risiko Gangguan Bipolar, Remaja
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**ANALYSIS OF FACTORS AFFECTING THE RISK OF BIPOLAR DISORDER IN
THE BANDA ACEH CITY**

xvii + 129 pages + 11 table + 7 appendixes + 3 schema

ABSTRACT

Bipolar disorder is the most common mental disorder compared to other mental disorders. Bipolar disorder can become worse if left undiagnosed. There are several risk factors that influence the occurrence of bipolar disorder. If these factors are considered, the adverse effects of bipolar disorder such as suicide risk will not occur. This study aimed to determine various factors that influenced the risk of bipolar disorder. The research design carried out was a correlation analytic, cross-sectional study approach. The location of the research was conducted in 3 urban villages in the city of Banda Aceh. The sample was aimed at 382 adolescents with cluster sampling techniques. Data were analyzed using chi-square and logistic regression analysis. The results showed that less than half (27.7%) of adolescents were at risk of developing bipolar disorder. There was a relationship between age, genetic, psychological and environmental factors with the risk of bipolar disorder. There was no relationship between substance/alcohol expenditure and the risk of bipolar disorder. Psychological factors (self-concept) were the most dominant factors towards the risk of bipolar disorder. It was hoped that with the results of this research, health workers in the community can increase the prevention and promotion of the risk of bipolar disorder in risk groups, especially adolescents.

Keywords: Bipolar Disorder, Risk Factors for Bipolar Disorder, Adolescents

Reference : 158 (1968-2019)