ABSTRAK

Benign Prostatic Hyperplasia (BPH) merupakan penyakit yang sering dijumpai pada pria usia lanjut. Pada usia yang semakin tua, kadar testosteron mengalami penurunan, sedangkan kadar estrogen relatif meningkat. Estrogen di dalam prostat menyebabkan proliferasi sel-sel kelenjar prostat sehingga volume prostat menjadi lebih besar. Menurut data Kemenkes RI, kasus *benign prostatic hyperplasia* (BPH) di Indonesia diduga sebanyak 80 juta pria menderita penyakit ini. *Benign prostatic hyperplasia* (BPH) sendiri ditandai dengan adanya pembesaran pada volume kelenjar prostat yang dapat diukur melalui pemeriksaan *Ultrasonography* (USG). Penelitian ini bertujuan untuk mengetahui hubungan usia dengan volume kelenjar prostat serta gambaran angka kejadian *benign prostatic hyperplasia* (BPH) di rumah sakit Al-Ihsan Bandung tahun 2018. Penelitian menggunakan metode observasi analitik dengan pendekatan *cross sectional* pada rekam medis pasien *benign prostatic hyperplasia* (BPH). Pada penelitian ini sampel berjumlah 106 data rekam medis yang memenuhi kriteria inklusi dan ekslusi. Data dianalisis menggunakan uji *spearman's*. Hasil penelitian menunjukkan angka kejadian *benign prostatic hyperplasia* (BPH) meningkat pada kelompok usia lanjut, yaitu diatas 40 tahun dan terdapat hubungan signifikan antara usia dengan volume kelenjar prostat dengan arah hubungan yang positif (r=0.579; p=0.000) berarti semakin tinggi usia seseorang maka memiliki volume kelenjar prostat yang semakin besar.

Kata Kunci: *Benign prostatic hyperplasia* (BPH), Usia, Angka kejadian, Volume kelenjar prostat.

ABSTRACT

Benign Prostatic Hyperplasia (BPH) is a benign tumor that is often found in elderly men. As people get older, testosterone levels decrease, while estrogen levels relatively increase. Estrogen in the prostate causes the proliferation of prostate gland cells so that the prostate volume becomes larger. According to data from the Indonesian Ministry of Health, cases of benign prostatic hyperplasia (BPH) in Indonesia are estimated as many as 80 million. Benign prostatic hyperplasia (BPH) characterized by an enlargement of the volume of the prostate gland that can be measured through Ultrasonography (USG) examination. A study was undertaken at Al-Ihsan hospital Bandung in 2018. The study aimed to determine the relationship of age with the volume of the prostate gland in patients with benign prostatic hyperplasia (BPH). The study used analytic observational methods with a cross sectional approach to the medical records of benign prostatic hyperplasia (BPH) patients. In this study a sample of 106 medical record data was analysed using Spearman's test. The results showed that the incidence of benign prostatic hyperplasia (BPH) increased in the elderly group, which is above 40 years and there was a significant relationship between age and volume of the prostate gland with a positive relationship direction ($r = 0.579$; $p = 0.000$) means the higher a person's age then it is more likely to have a greater prostate gland volume.

Keywords: *Benign prostatic hyperplasia (BPH), Age, Incidence rate, Prostate gland volume.*