

The Influence Of Health, Lifestyle And Socio-Economic Factors Of Liver Disease Patients In Indonesia

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Background : The prevalence of liver disease is a frightening disease in the world, including in Indonesia. This disease is the cause of death for more than one million people every year. This study analyzes how the influence of congenital health, mental health, lifestyle and socio-economic factors in Indonesia.

Methods : The method used in this research is quantitative with logit model. The data used is the Indonesian Family Life Survey 5 (IFLS 5), there are 31,186 respondents consisting of 315 respondents with liver disease and 30,871 respondents without liver disease. The dependent variable used was liver patients, while the independent variables consisted of hypertension, BMI, as an indicator of health; smoking, eating habits as indicators of lifestyle; stress and level of happiness as indicators of mental health; and income, age and education as socio-economic indicators.

Results : The results showed that patients who had hypertension and whose weight was still ideal did not significantly affect liver disease. In addition, eating habits and income did not significantly affect liver disease. While smoking, stress, age and education variables positive significantly affect liver disease. The happiness variable negative significantly affects liver disease.

Conclusions : So, it is expected that individuals pay attention to mental health because this variable affects the increase in liver disease, and must stop smoking because smoking increases liver disease and for elderly individuals, and educated people continue to apply a healthy lifestyle to avoid liver disease.

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