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Metabolic Syndrome Risk Factor Based on The International Diabetes Federation (IDF) Definition in Indonesia and Its Relationship with Kidney Disease

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Objectives: One of the risk factors that increase the morbidity and mortality of cardiovascular disease is Metabolic Syndrome. The purpose of this study is to analyze the chances of Indonesians affected by Metabolic Syndrome due to the large chance of cardiovascular disease in Indonesia and relation with Kidney Disease. This study uses *the Indonesian Family Life Survey 5* (IFLS 5) data using logit, probit, and correlation models.

Methods: There are 203 respondents over 40 years who are affected by metabolic syndrome based on IDF criteria (obesity cholesterol, hypertension, and diabetes). Variables of sleep disturbance, smoking, diet, depression level, income, age, education, gender, and kidney disease were used in this study.

Results: The results show that with both the logit and the probit model, the probability of sleep disturbance was significantly positive in affecting individuals suffering from metabolic syndrome. Likewise, age and education have a significant chance of the metabolic syndrome which is characterized by a p-value less than confidence interval, 1%. While smoking, depression level, gender, and income are not significantly likely to influence the occurrence of metabolic syndrome in individuals. The correlation between metabolic syndrome and kidney disease has a strong effect. the higher the patient suffering from metabolic syndrome, the greater the effect on kidney disease.

Conclusions: The importance of paying attention to good sleep patterns in order to avoid the occurrence of metabolic syndrome which will trigger cardiovascular disease. In addition, individuals have been paying attention to health from an early age because age greatly affects someone who will suffer from metabolic syndrome.

Table 1. Result of Analysis

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Dependent variable: Metabolic syndrome

	LPM	LOGIT	PROBIT
smoke	-0.0135***	-0.0187***	-0.0175***
	(0.00321)	(0.00419)	(0.00382)
Disturb_sleep	0.0218**	0.0142**	0.0151**
	(0.00706)	(0.00491)	(0.00535)
stress	0.000833	0.00136	0.00168
	(0.00613)	(0.00598)	(0.00597)
Frequency of eat	-0.00260	-0.00219	-0.00225
	(0.00178)	(0.00148)	(0.00156)
income	9.43e-12	7.88e-12	9.88e-12
	(3.34e-11)	(2.64e-11)	(2.85e-11)
age	0.000455***	0.000429***	0.000460***
	(0.000122)	(0.000118)	(0.000122)
sex	-0.00380	-0.00396	-0.00430
	(0.00309)	(0.00294)	(0.00296)
educ	0.00286**	0.00278**	0.00300**
	(0.00109)	(0.00106)	(0.00107)
_cons	0.00790		
	(0.0126)		
N	12172	12172	12172

Standard errors in parentheses
* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

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sindrometabolika	Freq.	Percent	Cum.
0	11,972	98.33	98.33
1	203	1.67	100.00
Total	12,175	100.00	