

**PREVALENS TINNITUS DI KALANGAN PESAKIT BERMASALAH OTOLOGI DI  
KLINIK TELINGA, HIDUNG DAN TEKAK (THT), HOSPITAL UNIVERSITI  
KEBANGSAAN MALAYSIA (HUKM)**

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Kajian ini meninjau kembali rekod perubatan pesakit-pesakit yang bermasalah otologi untuk mendapatkan data epidemiologi tentang prevalens tinnitus di kalangan pesakit-pesakit ini di klinik THT, HUKM dari 1 Januari 2002 hingga 31 Disember 2002. Sejumlah 1254 rekod perubatan pesakit yang berumur di antara 3 bulan dan 101 tahun (purata=31.4 tahun) telah ditinjau kembali dan diselidiki. Ini termasuk 618 orang lelaki dan 636 orang perempuan. Prevalens tinnitus adalah 33% di kalangan pesakit bermasalah telinga. Tinnitus mempunyai perhubungan yang bererti dengan umur, tahap keterukan pendengaran, telinga tersumbat, otitis telinga tengah, otosklerosis, ototosisiti, penyakit vaskular, penyakit metabolik, kecederaan koklea dan vertigo ( $p<0.05$ ). Prevalens tinnitus adalah lebih tinggi dalam kumpulan umur pertengahan (40-49 tahun) (7.6%), dalam perempuan (17.3%), dalam kumpulan tidak bekerja (12%), di sebelah telinga sahaja (44%), di telinga kiri atau kebanyakannya telinga kiri (8.9%), dan dalam kes-kes bermasalah pendengaran (36.8%). Sebanyak 56% pesakit menghuraikan tinnitus mereka sebagai bernada tinggi, nada rendah (27%), bunyi dengung (10%) dan hanya 1% seperti bunyi desiran, dengung, berdetik, bergemuruh, letusan kecil dan berubah daripada nada rendah kepada nada tinggi. Kebanyakan mereka mempunyai tinnitus yang tidak berdenyut (86%), tidak terus-menerus (75%), dan dalam tempoh yang kurang daripada 5 tahun (79%).

Kata kunci : Prevalens, tinnitus, otologi

**THE PREVALENCE OF TINNITUS IN OTOLOGICAL PATIENTS OF EAR, NOSE  
AND THROAT (ENT) CLINIC OF UNIVERSITI KEBANGSAAN MALAYSIA  
(UKM) HOSPITAL**

A retrospective study reviewing medical record of otology patients was conducted to establish an epidemiological data bank for the prevalence of tinnitus in otology patients of the ENT clinic, UKM hospital from 1<sup>st</sup> January 2002 to 31<sup>st</sup> December 2002. A total of 1254 medical records of patients between 3 months to 101 years (mean=31.4 years) were reviewed and investigated. This sample included 618 males and 636 females. The prevalence of tinnitus was found to be 33% in the otology patients. Tinnitus was significantly related to age, severity of hearing loss, impacted wax, otitis media, otosclerosis, ototoxicity, vascular diseases, metabolic disorders, cochlear injury and vertigo ( $p< 0.05$ ). The prevalence of tinnitus was higher in middle-aged group (40-49 years) (7.6%), in females (17.3%), in unemployed group (12%), in unilateral ear (44%), in left-sided or mostly left-sided localization (8.9%) and in cases with hearing loss (36.8%). 56% of the patients described their tinnitus as high pitch, low pitch (27%), buzzing (10%) and only 1% described their tinnitus as hissing, humming, ticking, rumbling, popping, and changing from low pitch to high pitch respectively. Majority of them had non-pulsatile (86%), intermittent tinnitus (75%) and duration of less than 5 years (79%).

Keywords : Prevalence, tinnitus, otology

Aw, C. L. 2004. The Prevalence of Tinnitus in Otological Patients of Ear, Nose and Throat (ENT) Clinic of Universiti Kebangsaan Malaysia (UKM) Hospital. Bachelor of Audiology Thesis. National University of Malaysia.