

# Hubungan karakteristik individu, asupan makan dan faktor lainnya terhadap sindrom metabolik pada pegawai negeri sipil di lingkungan pemerintahan daerah kota Depok tahun 2009 = The Association Between Individual Characteristics, Dietary Intake, and The Other Factors Related to Metabolic Syndrome Among Civil Servant In The Government Employees Depok City In The Depok City of 2009

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## Abstrak

Sindrom metabolik merupakan sekumpulan gangguan metabolik yang dialami seseorang, meliputi obesitas, dislipidemia (rendahnya kadar I-DL kolesterol dan tingginya kadar trigliserida), gangguan metabolisme glukosa serta hipertensi, yang dapat meningkatkan risiko terhadap penyakit kardiovaskuler. Penelitian ini bertujuan untuk mengetahui prevalensi dan hubungan antara karakteristik individu, asupan makan dan faktor lainnya terhadap sindrom metabolik pada pegawai negeri sipil (PNS) yang mengikuti pemeriksaan kesehatan di Rumah Sakit Balcd Yudha Kota Depok.

Studi potong lintang ini berlangsung pada bulan Maret-Mei 2009, menggunakan data sekunder terhadap 164 responden dari RS Bakti Yudha, meliputi data kadar kolesterol total, HDL kolesterol, trigliserida diukur dengan metode enzimatik colorimetrik, kadar gula darah puasa menggunakan glucose dehydrogenase oxidize phosphate (GOD-PAP). Tekanan darah diukur dengan Nova Presameter air raksa (manual) dan IMT menggunakan timbangan BB/TB2. Berat badan dan tinggi badan diukur menggunakan alat Weighing Machine Model ZT-I20. Untuk data primer meliputi karakteristik responden, kebiasaan merokok, kebiasaan olahraga, dan riwayat penyakit keluarga, diperoleh melalui wawancara menggunakan kuesioner. Asupan makan dan pola konsumsi makanan indeks glikemik tinggi diperoleh melalui wawancara menggunakan food recall 24 jam dan food frequency questionnaire. Analisis data dengan uji chi kuadrat, uji T-independen untuk analisis bivariat dan regresi logistik ganda model prediksi untuk analisis multivariat.

Hasil studi menunjukkan prevalensi sindrom metabolik sebesar 23,8%. Hasil analisis multivariat model prediksi diperoleh ada hubungan antara umur (p value = 0,027 95% CI 1,1-5,55), kadar total kolesterol (p value = 0,048 95% CI 1,01-21,48), kebiasaan olahraga (p value = 0,010 95% CI 1,50-20,26) dan pola konsumsi makanan indeks glikemik tinggi (p value = 0,009 95% CI 1,31-6,59) dengan kejadian sindrom metabolik. Faktor paling dominan berhubungan dengan sindrom metabolik adalah olahraga, dengan nilai OR = 5,5, dapat diartikan responden yang tidak olahraga berisiko sebesar 5,5 kali untuk mengalami sindrom metabolik dibandingkan responden yang berolahraga setelah dikontrol oleh umur, kadar kolesterol total dan frekuensi konsumsi makanan indeks glikemik.

The metabolic syndrome is a constellation of metabolic disturbances in persons, it typically includes obesity, dyslipidemia (characterized by reduced HDL cholesterol and elevated triglyceride concentration), elevated fasting glucose and raised blood pressure which increase the risk of developing cardiovascular disease. The objective of this study was to assess prevalence of metabolic syndrome and the associations between individual characteristic, dietary intake and the other related factors to metabolic syndrome among civil servant who attended health examination at Balcd Yudha Hospital Depok City.

Cross sectional study conducted in March - May 2009. This study used secondary data from 164 subjects at

Bakti Yudha Hospital which included information of cholesterol total, HDL cholesterol, triglyceride concentration using the enzymatic colorimetric method, fasting glucose using glucose dehydrogenase oxidize phosphate (GO D-PAP). Blood pressure were measured with a standard mercury sphygmomanometer and BMI expressed in weight/height (kg/m<sup>2</sup>). Weight and height was measured use Weighing Machine Model ZT-120. Primary data such as characteristic of study participants, smoking habits, physical exercise dan family history of disease, was obtained from interview by using questionnaire guidelines. Dietary intake and high glicemic index dietary habits data 'dom 24-h recall and food frequency questionnaire. Statistical analysis used were chi-square, independent T-test for bivariate analysis and multiple logistic regression prediction model for multivariat analysis.

The results of study shows prevalence of metabolic syndrome was 23,8%. From multivariat analysis results, age (p value =0,027; 95%CI 1,11-5,55), total cholesterol (p value =0,048; 95%CI 1,01-21,48), physical exercise (p value =0,010; 95%CI 1,50~20,26) and high glicemic index dietary habits (p value =0,009; 95%CI 1,31-6,59) was associated with syndrome metabolic. Dominant factor was associated with syndrome metabolic is physical exercise and largest OR = 5,5, means that the respondents who do not physical exercise have risk of 5,5 times for the metabolic syndrome than respondents do physical exercise, after controlling age, total cholesterol and high glicemic index dietary habits.