

Indeks massa tubuh IMT sebagai faktor predominan terhadap sindrom metabolik pada Guru Sekolah Dasar di Kecamatan Cilandak, Jakarta Selatan Tahun 2013 = Body mass index BMI as predominant factor of metabolic syndrome in Elementary School Teachers in District Cilandak South Jakarta 2013

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Abstrak

Skripsi ini bertujuan untuk mengetahui gambaran umum karakteristik individu (usia, jenis kelamin, status pernikahan), status gizi (IMT, lingkar perut), kecukupan gizi (energi, kolesterol, karbohidrat, frekuensi konsumsi sayur & buah), dan gaya hidup (aktivitas fisik, aktivitas mengajar, durasi tidur), serta hubungannya dengan sindrom metabolik pada guru SD di Kecamatan Cilandak, Jakarta Selatan, Tahun 2013. Penelitian ini bersifat deskriptif analitik dengan menggunakan pendekatan cross sectional. Penelitian dilaksanakan pada bulan Maret-April 2013 di 18 SD di Kecamatan Cilandak, Jakarta Selatan. Sampel minimal yang dibutuhkan dalam penelitian ini yaitu 128 namun berhasil didapatkan sebanyak 138 responden.

Hasil penelitian menunjukkan sebesar 24,6% guru sekolah dasar mengalami sindrom metabolik. Uji chi square menunjukkan adanya hubungan antara usia, status gizi, lingkar perut, aktivitas fisik, dan aktivitas mengajar terhadap sindrom metabolik. Uji statistik yang sama tidak menunjukkan adanya hubungan namun menunjukkan kecenderungan guru sekolah dasar yang menikah, kecukupan kolesterol >200 mg/hari, konsumsi karbohidrat >60% energi total, konsumsi frekuensi sayur <4x/minggu, dan durasi tidur 7 jam/hari lebih banyak mengalami sindrom metabolik. Sedangkan jenis kelamin, kecukupan energi, dan frekuensi konsumsi buah tidak menunjukkan hubungan maupun kecenderungan berdasarkan uji statistik. Hasil analisis multivariat menunjukkan status gizi merupakan faktor yang paling berhubungan dengan sindrom metabolik sehingga disarankan bagi guru SD untuk menjaga pola hidup demi menjaga status gizi normal.

.....This thesis aims to describe the general characteristics of the individual (age, sex, marital status), nutritional status (BMI, waist circumference), nutrition adequacy (energy, cholesterol, carbohydrates, frequency of consumption of vegetables and fruit), and lifestyle (physical activity, teaching activity, sleep duration), also it's relation with metabolic syndrome in elementary school teachers in the District Cilandak, South Jakarta, 2013. This is a analytical descriptive study with cross-sectional approach. The research was conducted in March-April 2013 in the 18 elementary schools in District Cilandak, South Jakarta. The minimum required sample in this study is 128, but in this study we've got 138 respondents.

The results showed 24,6% of elementary school teachers have the metabolic syndrome. Chi square test showed a relationship between the age, nutritional status, waist circumference, physical activity, and teaching activities with metabolic syndrome. The same statistical test showed no relation but showed a tendency that married elementary school teacher, cholesterol intake >200 mg/day, carbohydrate intake >60% of total energy, the frequency of consumption of vegetables <4x/minggu, and sleep duration 7 hours/day more likely to have metabolic syndrome. Whereas sex, energy intake, and frequency of

consumption of fruits showed no differences in the proportion nor tendency based on statistical tests. Multivariate analysis showed that the nutritional status is the most related factor with the metabolic syndrome, hence this study suggest the elementary school teachers to improve their lifestyle in order to maintain normal nutritional status.