

Hubungan karakteristik individu, indeks massa tubuh, persen lemak tubuh dan faktor lainnya dengan obesitas sentral (lingkar pinggang) pada pegawai di Sekretariat Jenderal Kementerian Perindustrian RI Tahun 2013 = The association between individual characteristic, body mass index, body fat percentage, and the other factors with central obesity (waist circumference) in employees at Secretariat General Ministry of Industry 2013

Nuzulvia Damayanty, author

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Abstrak

Penelitian dengan desain studi cross-sectional dilakukan pada bulan April-Mei 2013. Penelitian di Kementerian Perindustrian RI melibatkan 122 pegawai. Tujuan penelitian ini untuk mengetahui beberapa faktor risiko yang berhubungan dengan lingkar pinggang sebagai indikator obesitas sentral. Variabel dependen pada studi ini ialah obesitas sentral berdasarkan pengukuran lingkar pinggang. Variabel independen ialah jenis kelamin, umur, pendidikan terakhir, pengetahuan gizi, riwayat genetik, Indeks Massa Tubuh (IMT), persen lemak tubuh, kebiasaan merokok, aktivitas fisik dan asupan gizi (energi, protein, lemak, dan karbohidrat). Data dikumpulkan melalui pengukuran lingkar pinggang, persen lemak tubuh, antropometri, kuesioner, dan wawancara asupan makanan 2x24 jam. Analisis bivariat, didapatkan hubungan yang signifikan antara umur, Indeks Massa Tubuh (IMT), persen lemak tubuh, asupan energi, protein, lemak, dan karbohidrat. Perbedaan yang signifikan juga ditunjukkan antara jenis kelamin dan kebiasaan merokok dengan lingkar pinggang. Para pegawai diharapkan mulai mengontrol asupan makanan dan gaya hidup.

.....This cross sectional study was held in April-Mei 2013 comprised 122 employee at Ministry of Industry. The objective of study was to determine the association of some risk factors in waist circumference as an abdominal obesity indicator. Dependent variables of this study was abdominal obesity that was measured by waist circumference and the independent variable consist of sex, age, aducational background, nutritional knowledge, genetic history, Body Mass Index (BMI), Body Fat Percentage (BFP), smoking status, physical activity, and nutrient intake (intake of energy, protein, fat, and carbohydrate). Data were collected through waist measurement, Body Fat Percentage, anthropometry, questionnaires, and food models as supporting tools for 2x24 hours food recall. Bivariate analyses showed that age, BMI, BFP, intake of energy, protein, fat, and carbohydrate were correlated with a statistically significant in was circumference. Meanwhile, this study also indicated a significant difference between the sex and smoking status with circumference. It is suggested to employees to start controlling food intake and lifestyle.