

Obesitas sentral pada mahasiswa laki-laki Fakultas Kedokteran Universitas Indonesia dan hubungannya dengan konsumsi kopi mix = Central obesity among male medical student at University of Indonesia and its relationship with coffee mix consumption

Naufal Andalu, author

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Abstrak

[Menurut riset kesehatan dasar (riskesdas) tahun 2013, prevalensi obesitas sentral di Indonesia adalah 26,6%. Angka ini meningkat jika dibandingkan dengan prevalensi pada tahun 2007 yaitu 18,8%. Jika melihat tren yang ada, maka dapat diprediksi bahwa angka ini akan terus meningkat setiap tahunnya khususnya pada wilayah yang menjadi pusat ekonomi di Indonesia. Salah satu faktor yang dapat mempengaruhi terjadinya obesitas sentral adalah konsumsi kopi mix. Oleh karena itu, perlu dilakukan penelitian untuk melihat hubungan antara kebiasaan konsumsi kopi mix dengan obesitas sentral. Penelitian dilakukan pada mahasiswa laki-laki Fakultas Kedokteran Universitas Indonesia tahun 2015. Penelitian ini dilakukan menggunakan metode cross-sectional untuk mengetahui apakah terdapat hubungan antara konsumsi kopi mix dengan obesitas sentral. Berdasarkan hasil penelitian, prevalensi obesitas sentral pada mahasiswa laki-laki Fakultas Kedokteran Universitas Indonesia adalah 22,7%. Presentase jumlah mahasiswa laki-laki Fakultas Kedokteran Universitas Indonesia yang memiliki kebiasaan konsumsi kopi adalah 30%. Setelah dilakukan analisis statistik, hasilnya adalah tidak terdapat hubungan bermakna antara kebiasaan konsumsi kopi mix ≤ 2x per minggu atau ≤ 300 ml per minggu dengan obesitas sentral ($p=0,804$).;According to health research (Riskesdas) in 2013, the prevalence of central obesity in Indonesia is 26.6% . This percentage increases when compared to the prevalence in 2007 is 18.8%. If we look at the trends, it can be predicted that this percentage will continue to rise every year, especially in economic center region in Indonesia. One of the factors that can influence the occurrence of central obesity is the consumption of coffee mix. Therefore, it is necessary to study the relationship between habitual coffee mix consumption with central obesity. The study was conducted on male scholars of the Faculty of Medicine, University of Indonesia in 2015. The study was conducted using cross-sectional method to determine whether there is a relationship between coffee consumption mix with central obesity or not. According to the results, the prevalence of central obesity in male scholars of the Faculty of Medicine, University of Indonesia was 22.7%. The percentage of the number of male scholars of the Faculty of Medicine, University of Indonesia, which has a habit of consumption of coffee is 30%. After statistical analysis, the result shows that there is no significant association between coffee mix consumption habits ≤ 2x per week or ≤ 300 ml per week with central obesity ($p = 0.804$)., According to health research (Riskesdas) in 2013, the prevalence of central obesity in Indonesia is 26.6% . This percentage increases when compared to the prevalence in 2007 is 18.8%. If we look at the trends, it can be predicted that this percentage will continue to rise every year, especially in economic center region in Indonesia. One of the factors that can influence the occurrence of central obesity is the consumption of coffee mix. Therefore, it is necessary to study the relationship between habitual coffee mix consumption with central obesity. The study was conducted on male scholars of the Faculty of Medicine, University of Indonesia in 2015. The study was conducted using cross-sectional method to determine whether there is a relationship between coffee

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