

Validitas ukuran lingkaran pinggang, rasio lingkaran pinggang-pinggul, dan rasio lingkaran pinggang-tinggi badan dalam memprediksi sindrom metabolik pada pegawai instansi pemerintah di area Pelabuhan Tanjung Priok = Validity of waist circumference waist to hip ratio and waist to height ratio to predict metabolic syndrome among employees in port of Tanjung Priok Jakarta / Rahma Listyandini

Rahma Listyandini, author

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Abstrak

**ABSTRAK**

Akhir-akhir ini, berbagai studi berfokus pada indeks antropometri untuk obesitas seperti lingkaran pinggang (LP), rasio lingkaran pinggang-lingkar pinggul (RLPP), dan rasio lingkaran pinggang-tinggi badan (LP-TB) sebagai faktor prediksi sindrom

metabolik. Penelitian ini bertujuan mengidentifikasi cut-off points dengan sensitivitas dan spesifitas optimal dari indeks antropometri untuk obesitas dalam mendefinisikan sindrom metabolik menurut kriteria NCEP-ATP III pada pegawai di area Tanjung Priok di Jakarta. Desain penelitian adalah cross sectional. Analisis data menggunakan kurva Receiver Operating Characteristic (ROC) untuk mengidentifikasi cut-off points optimal dari LP, RLPP, dan LP-TB dalam memprediksi sindrom metabolik.

Total sampel diperoleh sebanyak 256 responden (174 pria dan 82 wanita) berusia 20-58 tahun, yang bekerja di instansi pemerintah di area pelabuhan Tanjung Priok.

Berdasarkan area under curve (AUC), didapatkan indeks antropometri dengan angka terbesar hingga terkecil secara berurutan yaitu LP-TB, LP, dan RLPP. Didapati cutoff point LP 88,88 cm pada pria dan 88,85 cm pada wanita. Cut-off points RLPP pada pria 0,9 dengan sensitivitas 63% dan spesifitas 60%, sedangkan RLPP pada wanita 0,83 dengan sensitivitas 73% dan spesifitas 62%. Didapatkan LP-TB dengan cut-off points 0,5, dengan sensitivitas 66% (pria) dan 67% (wanita) serta spesifitas 65% (pria) dan 62% (wanita). Sebagai faktor prediksi sindrom metabolik, indeks antropometri dapat dipilih dengan pertimbangan kemudahan pengukuran. LP dinilai lebih mudah dipraktikkan karena pengukuran tidak berbentuk rasio dan hanya melibatkan satu pengukuran antropometri saja, sehingga bias pengukuran dapat diminimalisir. Dibutuhkan studi longitudinal untuk memperkuat hasil penelitian ini.

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**ABSTRACT**

Recently, many studies have focused on anthropometric indices for abdominal obesity as waist circumference (WC), waist to hip ratio (WHR), and waist to height ratio (WHtR) to define metabolic syndrome (MetS). This study aimed to compare WC, WHR, and WHtR and define an optimal cut-off values, which is most closely predictive of the components of the NCEP-ATP III MetS definition among employees in Port of Tanjung Priok, Jakarta. This study was cross-sectional study. Receiver

Operating Characteristic (ROC) analysis was used to examine discrimination and find optimal cut-off values of WC, WHR, and WHtR to predict components of MetS. It included 256 subjects (174 men and 82 women) aged 20-58 years, who worked in Port of Tanjung Priok. According to area under curve, we found WHtR with the highest score, followed by WC, and followed by WHR with the lowest score. WC cutoff points were 88 cm in men and 85 cm in women. WHR cut-off points were 0,9 in men (sensitivity 63%; specificity 60%), 0,83 in women (sensitivity 73%; specificity 62%). WHtR cut-off points was 0,5, in men and women (sensitivity 66% and specificity 65% in men; sensitivity 67% and specificity 62% in women). Anthropometric indices for metabolic syndrome prediction could be determined by considering measurement complexity. WC was considered as an easy measurement because it's not in ratio and involved one measurement. Bias of measurement could be minimized. Longitudinal studies is needed to evaluate the consistency of the findings.