Hubungan Karakteristik Individu dan Gaya Hidup dengan Indikator Obesitas Sentral (Lingkar Pinggang) pada Pegawai Kantor Pusat PT Wijaya Karya, Jakarta Timur Tahun 2012= The Association between Individual Characteristic and Lifestyle with Indicators of Central Obesity (Waist Circumference) in White Collar Head Office's Employee PT Wijaya Karya, Jakarta Timur 2012 / Risca Febriyana Nurviati

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Abstrak

ABSTRAK

Tujuan penelitian untuk mengetahui beberapa faktor risiko yang berhubungan dengan lingkar pinggang sebagai indikator obesitas sentral. Desain penelitian yang digunakan cross-sectional dengan sistem random sampling pada 121 responden pegawai kantor pusat PT Wijaya Karya, Jakarta Timur di bulan April-Mei 2012. Data yang dikumpulkan meliputi lingkar pinggang, riwayat genetik, usia, jenis kelamin, indeks massa tubuh (IMT), persen lemak tubuh (PLT), pengeluaran per bulan, aktivitas fisik, dan asupan gizi (asupan energi, protein, lemak, karbohidrat, dan serat). Data dikumpulkan melalui pengukuran lingkar pinggang, persen lemak tubuh, antropometri, kuesioner, dan wawancara FFQ-semiquantitative. Usia, IMT, PLT, pengeluaran per bulan, asupan energi, lemak, dan karbohidrat berkorelasi signifikan dengan lingkar pinggang ($p < 0,05$). Perbedaan signifikan juga ditunjukkan antara jenis kelamin dengan lingkar pinggang ($p < 0,05$). Semakin tinggi usia, IMT, PLT, asupan energi maka semakin besar ukuran lingkar pinggang.

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ABSTRACT

The objective of this study was to determine the association of some risk factors in waist circumference as an abdominal obesity indicator. A cross sectional comprised 121 respondent by random sampling among employee in head office PT Wijaya Karya, Jakarta Timur on April – May 2012. Data collected included genetic history, age, sex, BMI, body fat percentage (BFP), household outcome, physical activity, and dietary intake (energy, protein, fat, carbohydrate, and fiber). Data were collected through waist measurement, percentage of body fat, anthropometry, questionnaires, and FFQsemiquantitative interviews. Age, BMI, BFP, household outcome, intake of energy, fat and carbohydrate were significantly correlated with waist circumference ($p < 0,05$). Also indicated significant differences between the sexes with waist circumference. An increase in age, BMI, BFP, and intake of energy were correlated with a statistically significant in waist circumference gain.