

# Perbedaan obesitas sentral berdasarkan asupan energi dan faktor lainnya pada diabetisi usia dewasa di Puskesmas Jatinegara, Jakarta Timur tahun 2017 = The difference in abdominal obesity based on energy intake and other factors in adult diabetics in Puskesmas Jatinegara, East Jakarta Year 2017

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## Abstrak

Diabetes mellitus, penyakit degeneratif yang terjadi akibat resistensi insulin pada sel tubuh, menyebabkan beberapa penyakit komorbiditas dan sindrom metabolik seperti obesitas sentral. Obesitas sentral pada diabetisi dapat dipengaruhi oleh berbagai faktor seperti asupan, gaya hidup dan lain-lain. Skripsi ini bertujuan untuk melihat perbedaan obesitas sentral berdasarkan asupan energi dan faktor lainnya pada diabetisi. Penelitian ini dilakukan pada diabetisi di Puskesmas Jatinegara pada bulan April 2017. Desain penelitian ini menggunakan metode Cross-sectional dengan jumlah sampel 133 orang. Lingkar perut ditentukan berdasarkan pengukuran dengan menggunakan pita ukur, aktivitas fisik dan kebiasaan makan diketahui melalui kuesioner aktivitas fisik GPAQ, food recall 24 jam dan Food Frequency Questionnaire FFQ.

Hasil penelitian menunjukkan bahwa berdasarkan pengukuran lingkar perut sebanyak 85 diabetisi mengalami obesitas sentral. Uji Independent T-Test menyatakan bahwa variabel asupan lemak, kebiasaan sarapan dan tingkat pengetahuan memiliki perbedaan bermakna dengan obesitas sentral. Untuk menurunkan angka obesitas sentral pada diabetisi, disarankan untuk diberikan edukasi mengenai obesitas sentral dan pola makan pada diabetisi.

.....Diabetes mellitus is a degenerative disease caused by insulin resistance in body cells, it will also causes some diseases of comorbidity and metabolic syndrome such as abdominal obesity. Abdominal obesity in diabetics can be influenced by various factors such as food intake, lifestyles and others. This undergraduate thesis aims to see the difference between abdominal obesity based on energy intake and other factors in diabetics. This study was conducted on diabetics in Puskesmas Jatinegara in April 2017. The design of this study used Cross sectional method over 133 people as sample size. Abdominal circumference is determined by measurement using measuring tape, physical activity and eating habits throughout GPAQ Physical Activity Questionnaire, 24 hour Food Recall and Food Frequency Questionnaire FFQ.

The results showed that based on abdominal circumference measurements as much as 85 of diabetics are abdominal obesity. The Independent T Test stated that the variable fat intake, breakfast habits and knowledge level had significant differences with abdominal obesity. In order to reduce abdominal obesity rates in diabetics, it is advisable to promote the education on abdominal obesity and diet for diabetics.