

Hubungan asupan serat pangan harian terhadap persentase lemak tubuh yang dihitung melalui metode skinfold thickness pada dewasa usia 19-50 tahun di Jakarta = Relation between daily dietary fiber intake and body fat percentage measured with skinfold thickness method in adult aged 19-50 years old from Jakarta

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Abstrak

ABSTRAK

Latar belakang. Obesitas merupakan suatu tren global yang memprihatinkan terutama di Indonesia. Serat pangan merupakan solusi alternatif dalam penanganan obesitas kurang mendapatkan perhatian yang lebih padahal sangat mudah didapatkan di Indonesia. Metode Penelitian. Penelitian potong lintang dilakukan di HNRC IMERI FKUI dalam periode Juli hingga September 2018 dengan mengambil sampel populasi pria dan wanita berusia 19-50

tahun di Jakarta dan melihat korelasi antara nilai asupan serat pangan harian menggunakan 24-hour recall method dan persentase lemak diambil menggunakan skinfold method. Hasil. Sebanyak 126 responden berpartisipasi dalam penelitian ini. Ditemukan bahwa asupan serat memiliki korelasi cenderung signifikan terhadap persentase lemak $p=0.051, 0.146$ dan

setelah dilakukan penyesuaian terhadap variabel usia, jenis kelamin, rerata asupan kalori, dan aktivitas fisik didapatkan tren signifikan pada hubungan tersebut. (Adjusted 0.487 $p=0.082$, IK95%-1.036-0.062

Kesimpulan. Tingkat asupan serat yang adekuat memiliki hubungan terhadap persentase lemak. Diperlukan edukasi terutama dalam perubahan gaya hidup agar profil kesehatan masyarakat Indonesia dapat mengalami perbaikan.

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ABSTRACT

Objectives. Obesity as a leading global trend that can be overwhelming if not treated well. Dietary fiber as an alternative solution in obesity management is not considered in many studies although in Indonesia dietary fiber is abundant and not hard to get. Methods. A cross-sectional study is conducted on HNRC IMERI FKUI from July until September 2018 taking samples from man and woman aged 19-50 years old in Jakarta and measures the correlation between daily dietary fiber intake using 24-hour recall method and body fat percentage calculated using skinfold method. Results. A total of 126 respondent is involved in this research. It is found that fiber intake has an almost significant correlation with fat percentage (0.051, $r=0.146$), and after adjustment with other variable such as age, gender, activity level, and calorie intake, a significant trend is achieved (Adjusted 0.487, $p=0.082$, 95 CI -1.036-0.062) Conclusion: Adequate amount of daily dietary fiber intake has a borderline significant trend relationship with body fat percentage. Education effort and a lifestyle change is a must in the goal of repairing Indonesian citizen health and well-being.