

Faktor dominan yang berhubungan dengan obesitas sentral pada polisi operasional lapangan di Polres Kabupaten Lampung Timur Tahun 2019 = Dominant factor of central obesity to police operational area in Resort Police of East Lampung 2019

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Abstrak

Obesitas sentral adalah kondisi tubuh mengalami penumpukan lemak yang berlebih di bagian abdominal yang berdampak pada PJK dan sindrom metabolik. Obesitas sentral dan angka kesakitan pada polisi di Indonesia cukup tinggi. Tujuan penelitian ini adalah mengetahui faktor dominan yang berhubungan dengan obesitas sentral pada polisi operasional lapangan di Polres Kabupaten Lampung Timur. Penelitian ini adalah menggunakan desain studi *cross sectional*. Hasil penelitian menunjukkan bahwa sebesar 48,6% polisi tergolong obesitas sentral. Sebagian besar polisi memiliki IMT normal, sudah menikah, berpendidikan terakhir SMA, berpangkat bintara, pengetahuan obesitas sentral masih rendah, durasi tidurnya kurang, memiliki kebiasaan merokok, stres, asupan energi cukup, asupan lemak dan protein berlebih, asupan karbohidrat dan serat kurang. Berdasarkan analisis *chi square*, terdapat hubungan signifikan antara usia, riwayat obesitas sentral, aktivitas fisik, durasi tidur, asupan energi, asupan protein, asupan lemak, asupan karbohidrat dengan obesitas sentral. Tetapi, tidak terdapat hubungan antara kebiasaan merokok, stres, dan asupan serat dengan obesitas sentral. Asupan energi adalah faktor dominan obesitas sentral.

Kata kunci: Dewasa; Faktor Risiko; Obesitas Sentral; Obesitas

Abdominal; Polisi

Central obesity is the condition of the body excess fat accumulation in the abdominal area which affects CHD and metabolic syndrome. Central obesity and morbidity of police in Indonesia is enough high. The purpose of this study was to find out the dominant factors associated with central obesity in the police operational area in resort police of East Lampung. This study used a cross sectional study design. The results showed that 48.6% of the police had central obesity. Most of the police had BMI was normal, were married, last educated was senior high school, grade job was bintara, knowledge about central obesity was still low, sleep duration was low, had smoking habits, had stress, energy intake was enough, fat and protein intake was high, carbohydrate and fiber intake was low. Based on chi square analysis, there was a significant relationship between age, history of parent central obesity, physical activity, sleep duration, energy intake, protein intake, fat intake, and carbohydrate intake with central obesity. However, there is no relationship between smoking habits, factor stress, and fiber intake with central obesity. Energy intake was the dominant factor in central obesity.