Pengaruh Durasi Duduk Harian Terhadap Profil Lipid pada Pekerja di Masa Pandemi Covid-19 = The Effect of Daily Sitting Time on Lipid Profile of Workers during the COVID-19 Pandemic

Alessandrina Janisha Parinding, author

Abstrak

Dislipidemia merupakan salah satu faktor risiko utama penyakit kardiovaskular. Menurut Riskesdas 2018, prevalensi dislipidemia di Indonesia tergolong tinggi. Data terkait penduduk Indonesia berumur 15 tahun menunjukkan bahwa 28,8% memiliki kadar kolesterol total 200mg/dL, 24,3% memiliki kadar HDL 40mg/dL, 73,8% memiliki kadar LDL 100mg/dL, dan 27,9% memiliki kadar trigliserida 150mg/dL. Perilaku sedenter seperti duduk sering dihubungkan dengan kejadian dislipidemia. Selama masa pandemi, durasi duduk pada pekerja meningkat akibat kebijakan WFH. Penelitian ini bertujuan untuk mengetahui pengaruh durasi duduk harian terhadap profil lipid pada pekerja di masa pandemi COVID-19. Penelitian ini menggunakan desain potong lintang dengan data sekunder hasil pengisian kuesioner dan pemeriksaan kesehatan dari kegiatan Posbindu PTM pada pekerja di salah satu institusi pendidikan negeri di DKI Jakarta. Subjek penelitian berjumlah 295 pekerja berusia 21–58 tahun yang terdiri dari 114 laki-laki dan 181 perempuan. Hasil analisis bivariat menunjukkan bahwa durasi duduk harian, jenis kelamin, usia, dan IMT memiliki hubungan signifikan dengan profil lipid (berturut-turut p=0,010, p=0,000, p=0,000, p=0,027). Hasil analisis multivariat regresi linear berganda menunjukkan bahwa variabel yang paling berpengaruh terhadap profil lipid adalah jenis kelamin (p=0,000) dan usia (p=0,002). Dengan demikian, dapat disimpulkan bahwa durasi duduk harian tidak berpengaruh terhadap profil lipid pada pekerja di masa pandemi COVID-19.

.....Dyslipidemia is one of the main risk factors of cardiovascular disease. According to Riskesdas 2018, the prevalence of dyslipidemia in Indonesia is relatively high. Data regarding Indonesian population aged 15 years showed that 28,8% had total cholesterol level 200mg/dL, 24,3% had HDL-C level 40mg/dL, 73,8% had LDL-C level 100mg/dL, dan 27,9% had triglyceride level 150mg/dL. Sedentary behavior like sitting is widely associated with dyslipidemia. During the pandemic, there is an increase in sitting time of workers due to WFH policy. This study aims to determine the effect of daily sitting time on lipid profile of workers during the COVID-19 pandemic. This study used a cross-sectional design using secondary data obtained through questionnaires and health assessments from PTM Posbindu activities for workers at one of public educational institutions in DKI Jakarta. The subjects of this research were 295 workers aged 21–58 years consisting of 114 men and 181 women. The results of bivariate analysis showed that daily sitting time, gender, age, and BMI had a significant association with lipid profile (p=0.010, p=0.000, p=0.000, p=0.027 respectively). The results of multivariate linear regression analysis showed that the most influential variables on lipid profile were gender (p=0.000) and age (p=0.002). Thus, it can be concluded that daily sitting time has no effect on the lipid profile of workers during the COVID-19 pandemic.