

ABSTRAK

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Program Studi : S-1 Ekstensi Kesehatan Masyarakat
Judul : Hubungan antara Indeks Massa Tubuh dan Faktor-faktor lain dengan Status Lemak Tubuh Pada Pramusaji Di Pelayanan Gizi Unit Rawat Inap Terpadu A RSUPN Dr.Cipto Mangunkusumo Jakarta

Tujuan penelitian membahas hubungan Indeks Massa Tubuh (IMT) dan faktor-faktor lain dengan status lemak tubuh pada pramusaji di Pelayanan Gizi Unit Rawat Inap Terpadu Gedung A RSCM Jakarta. Penelitian bersifat kuantitatif dengan desain *cross sectional*, pengambilan sampel secara *purposive sampling*. Data antropometri didapatkan dengan pengukuran langsung saat penelitian. Analisis data meliputi *crosstabs* dan *chi-square*, menggunakan SPSS versi 13.0. Hasil penelitian, 88.9% dan 38.9% orang berstatus gizi lebih masing-masing memiliki persen lemak tubuh mendekati tinggi/tinggi dan lemak viseral tinggi($p<0.05$). Disarankan kepada pramusaji untuk membiasakan sarapan pagi, mengkonsumsi makanan tinggi serat dan sering beraktivitas fisik.

Kata Kunci:
kebiasaan makan, lemak tubuh, lemak viseral, persen lemak tubuh, status gizi.

ABSTRACT

Nama : Wita Rizki Amelia
Study Program : S-1 Extention Public Health
Judul : Body Mass Index and Other Factors Related to Body Fat Status on Waitress at Nutrition Service of Integrated Admission Unit Building A RSUPN Dr.Cipto Mangunkusumo Jakarta

The aim of this study is how Body Mass Index and Other Factors Related to Body Fat Status on Waitress at Nutrition Service of Integrated Admission Unit Building A RSUPN Dr.Cipto Mangunkusumo Jakarta. This is a quantitative study with cross sectional approach, samples are collected by purposive sampling. Anthtopometry data are collected directly by measurement. Analysis included crosstabs dan chi-square, by using SPSS version 13.0. The result, 88.9% dan 38.9% are overweight with each of them have slightly high/high body fat percentage and high visceral level($p < 0.05$). The researcher suggested that waitress should have breakfast gradually, consume foods containing high dietary fiber, frequent physical activity.

Keywords:

Dietary pattern, body fat, visceral fat, body fat percentage , nutrition status.