

INTISARI

Sindrom metabolik merupakan sekelompok kelainan metabolik lipid maupun non lipid yang dapat meningkatkan resiko penyakit kardiovaskuler. Prevalensi sindrom metabolik meningkat seiring dengan meningkatnya prevalensi penderita obesitas abdominal. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh pemberian edukasi tentang sindrom metabolik terhadap perilaku masyarakat di dusun Krodan, Maguwoharjo-Sleman, Yogyakarta yang terkait dengan kadar kolesterol total.

Penelitian ini termasuk penelitian eksperimental semu. Rancangan penelitian *non-randomized pretest-posttest control group design*. Metode survei dengan instrumen penelitian kuisisioner dan wawancara terstruktur terhadap sampel. Analisis menggunakan uji *Mann Whitney* taraf kepercayaan 90%.

Dari hasil penelitian secara statistik diperoleh hasil berbeda bermakna ($p < 0,1$) pada profil responden sesudah edukasi antara kelompok edukasi dan non edukasi meliputi kriteria *Indeks Massa Tubuh (IMT)*, rasio lingk pinggang-pinggul responden laki-laki, pengukuran lingk pinggang, dan pengukuran kadar gula darah puasa. Untuk kriteria rasio lingk pinggang-pinggul untuk responden perempuan, tekanan darah dan kadar kolesterol, diperoleh hasil berbeda tidak bermakna ($p > 0,1$) antar kelompok edukasi dan non edukasi. Berdasarkan nilai rata-rata kuisisioner, terdapat perubahan perilaku pada responden edukasi dibandingkan non edukasi meskipun tidak signifikan. Pada observasi III, profil kadar kolesterol total untuk responden edukasi = $203,7 \pm 36,9$ mg/dl dan non edukasi = $199,7 \pm 32,8$ mg/dl, untuk uji statistiknya diperoleh nilai signifikansi ($p > 0,1$) (0,879), yang menunjukkan bahwa antara kelompok edukasi maupun non edukasi hasilnya berbeda tidak bermakna setelah diberi edukasi tahap II ini.

Kata kunci: sindrom metabolik, kadar kolesterol total, pemberian edukasi, perilaku

ABSTRACT

Metabolic Syndrome is a group of metabolic disorder both lipid and non lipid, that could increase the risk of cardiovascular disease. The prevalence of metabolic syndrome is increasing along with the prevalence of abdominal obesity. The purpose of this research is to investigate the effect of education delivery about metabolic syndrome towards people attitudes at Dusun Kodran, Maguwoharjo-Sleman, Yogyakarta, related with total level of cholesterol.

This research is a pseudo experimental. It is a *non-randomized pretest-posttest control group design*. The method is survey with research instruments such questionnaire and structured interview to the samples. The analysis is done by using *Mann Whitney* with 90% of confidence.

In this research, found that statistically there is a significant difference ($p < 0.1$) on the respondents' profile after education, between education and non education group including *Body Weight Index*, rational number of waist-hip measurement on male respondents, waist measurement, and measurements on fast diabetes level on blood. While on female's, from rational number of waist-hip measurement, blood pressure and cholesterol measurement, resulted insignificant difference ($p > 0.1$) between education group and non education group. Based on the average score of questionnaire, there is an attitude changing on education group respondents compare to non education group although not significant. On the third observation resulted total level of cholesterol for education respondents is 203.7 ± 36.9 mg/dl and for non education is 199.7 ± 32.8 mg/dl, for its statistical experiment resulted significance ($p > 0.1$) (0.879), this shows that the different between education and non education group the result is not significant after the second education.

Key word: Metabolic Syndrome, total level of cholesterol, education delivery, attitude