

INTISARI

Imbalansi kalori menyebabkan obesitas. Obesitas abdominal terkait dengan penyakit kardiovaskular. Pengukuran lingkar pinggang (LP) dan rasio lingkar pinggang-panggul (RLPP) adalah metode antropometri untuk menilai obesitas abdominal. Kriteria obesitas abdominal pada pria menurut *International Diabetes Federation* yaitu $LP \geq 90$ cm dan menurut *World Health Organization* yaitu $RLPP > 0,90$. Rasio kolesterol total/HDL merupakan indikator terhadap risiko penyakit kardiovaskular.

Tujuan penelitian ini adalah mencari korelasi antara LP dan RLPP dengan rasio kolesterol total/HDL. Jenis penelitian ini observasional analitik dengan desain *cross-sectional*. Teknik pengambilan sampel yang digunakan yaitu *purposive sampling*. Kriteria inklusi meliputi dosen dan karyawan Universitas Sanata Dharma Yogyakarta, pria, usia 30-50 tahun, bersedia bekerjasama dalam penelitian ini. Kriteria eksklusi dalam penelitian ini meliputi penderita penyakit jantung koroner, penderita penyakit hati akut maupun kronis, penderita penyakit peradangan akut maupun kronis, mengalami demam, udema, menggunakan obat penurun kadar lipida darah.

Subjek penelitian berjumlah 70 pria berusia 40 ± 5 tahun. Subjek diukur LP, RLPP, kadar kolesterol total dan HDL. Diuji korelasi antara LP dan RLPP dengan rasio kolesterol total/HDL. Uji statistik korelasi *Pearson* menunjukkan korelasi positif bermakna antara LP dengan rasio kolesterol total/HDL ($r=0,564$; $p=0,000$) dan antara RLPP dengan rasio kolesterol total/HDL ($r=0,317$; $p=0,008$). Penelitian ini menggunakan taraf kepercayaan 95%.

Kata Kunci : obesitas abdominal, LP, RLPP, rasio kolesterol total/HDL

ABSTRACT

Caloric imbalance causes obesity. Abdominal obesity has relationship with cardiovascular disease. Waist circumference (WC) and waist-to-hip ratio (WHR) measurement is an antropometric method to measure excess of abdominal obesity. Abdominal obesity criteria based on *International Diabetes Federation* is $WC \geq 90$ cm and based on *World Health Organization* is $RLPP > 0.90$. Total cholesterol to HDL ratio (TC/HDL ratio) is an indicator of cardiovascular disease risk.

The aim of this study was to determine correlation of WC and WHR with TC/HDL ratio. This study was observational analytical with cross-sectional method design. This study used purposive sampling method. Inclusion criteria were including lecturer and worker in Sanata Dharma University Yogyakarta, male, aged 30-50 years old and willingness to cooperate in this study. Exclusion criteria were patient of coronary heart disease, acute or chronic hepatic disease, acute or chronic inflammation, fever, edema, using antihyperlipidemia medicine.

Subject participated in this study were male ($n=70$), aged 40 ± 5 years old. Subject's WC, WHR, TC, and HDL were measured. Correlation between WC and WHR with TC/HDL ratio were searched. *Pearson* statistical test showed significant correlation between WC and TC/HDL ratio ($r=0.564$; $p=0.000$) and between WHR and TC/HDL ratio ($r=0.317$; $p=0.008$). This study used 95% confidence interval.

Key words: abdominal obesity, WC, WHR, TC/HDL ratio.