

INTISARI

Obesitas merupakan keadaan dimana terjadi penumpukan lemak tubuh yang berlebih, sehingga dapat meningkatkan risiko penyakit kardiovaskuler. Obesitas dapat diketahui dengan pengukuran *body mass index* (BMI), *triceps skinfold thickness*, serta rasio kadar LDL/HDL dalam darah. Penelitian ini bertujuan untuk mengetahui ada tidaknya korelasi positif yang bermakna antara *body mass index* (BMI) dan *triceps skinfold thickness* terhadap rasio kadar LDL/HDL dalam darah.

Penelitian ini merupakan jenis penelitian observasional analitik dengan rancangan *cross-sectional* yang dilakukan pada 70 dosen dan karyawan pria di Universitas Sanata Dharma Yogyakarta. Pengambilan sampel dilakukan secara *non-random sampling* dengan jenis *purposive sampling*. Data diuji normalitasnya menggunakan *Kolmogorov-Smirnov*, dilanjutkan dengan uji korelasi. Uji hipotesis menggunakan taraf kepercayaan 95% ($p < 0,05$).

Hasil penelitian menunjukkan korelasi *body mass index* (BMI) dan *triceps skinfold thickness* terhadap rasio kadar LDL/HDL dalam darah memiliki nilai signifikansi (p) berturut-turut 0,000 dan 0,009. Disimpulkan bahwa terdapat korelasi positif yang bermakna antara *body mass index* (BMI) dan *triceps skinfold thickness* terhadap rasio kadar LDL/HDL dalam darah.

Kata Kunci : Obesitas, *body mass index* (BMI), *triceps skinfold thickness*, rasio kadar HDL/HDL

ABSTRACT

Obesity is a state of excessive fat accumulation in the body which can increase the risk of cardiovascular disease. Obesity can be identified by some parameters, such as body mass index (BMI), triceps skinfold thickness, and the ratio of LDL/HDL in the blood. This study aims to explore the significant correlation between the body mass index (BMI) and the triceps skinfold thickness with the ratio of LDL/HDL in the blood.

Analytic observational with cross-sectional design research was conducted in 70 male lecturer and staff at the Sanata Dharma University Yogyakarta. Sampling was carried out using non-random sampling method with purposive sampling type. The normality of the data was analyzed using the Kolmogorov-Smirnov test and continued with correlation test ($p < 0.05$) to find the correlation between those variables.

The results showed a significant correlation of the body mass index (BMI) and triceps skinfold thickness with ratio of LDL/HDL in the blood, each has a value of significance (p) 0.000 and 0.009. These result indicated that there was a correlation between the body mass index (BMI) and the triceps skinfold thickness with the ratio of LDL/HDL in the blood.

Key Words : Obesity, body mass index (BMI), triceps skinfold thickness, the ratio of HDL/HDL