

# PLAGIAT MERUPAKAN TINDAKAN TIDAK TERPUJI

## INTISARI

Pola makan tidak seimbang dan tidak diimbangi dengan aktivitas fisik dapat menyebabkan obesitas yang dapat membawa risiko kesehatan salah satunya penyakit kardiovaskular. Metode antropometri berupa pengukuran lingkar pinggang (LP) dan rasio lingkar pinggang-pinggul (RLPP) adalah cara yang dapat menilai obesitas. Rasio kolesterol total/HDL dapat digunakan sebagai indikator terhadap risiko penyakit kardiovaskular. Penelitian ini bertujuan melihat korelasi LP dan RLPP terhadap rasio kolesterol total/HDL.

Penelitian ini merupakan jenis penelitian observasional analitik dengan pendekatan *cross-sectional*. Teknik sampling dalam penelitian ini dilakukan secara *non-randomized sampling* dengan *purposive sampling*. Kriteria inklusi dalam penelitian ini yaitu, wanita *premenopause*, usia 30-50 tahun, staf Universitas Sanata Dharma. Kriteria eksklusi dalam penelitian ini yaitu, memiliki riwayat penyakit diabetes mellitus, penyakit jantung koroner, penyakit hati akut maupun kronis, hamil, perokok, dan menggunakan obat-obatan kontrasepsi. Responden diukur LP, RLPP, kadar kolesterol, dan HDL.

Responden berjumlah 56 wanita berusia  $39,6 \pm 5,2$ . Uji korelasi Pearson menunjukkan korelasi positif bermakna antara LP dengan rasio kolesterol total/HDL ( $r=0,474$ ;  $p=0,000$ ) dan antara RLPP dengan rasio kolesterol total/HDL ( $r=0,264$ ;  $p=0,049$ ).

Kata kunci : obesitas, LP, RLPP, rasio kolesterol total/HDL

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## **ABSTRACT**

If diet is not balanced with physical activity can lead to obesity which can cause cardiovascular disease. Waist circumference (WC) and waist-hip circumference ratio (WHR) measurement are anthropometric methods to measure excess obesity. The ratio of total cholesterol/HDL can be used as an indicator of the risk of cardiovascular disease. The aim of this study was to determine correlation between WC and WHR with cholesterol total/HDL ratio.

This research was a type of observational analytic study with cross-sectional approach. Sampling techniques in this study was conducted in a non-randomized sampling with purposive sampling. Inclusion criteria were including premenopausal women, aged 30-50 years old, staff of the Sanata Dharma University. Exclusion criteria were patient of diabetes mellitus, coronary heart disease, acute or chronic liver disease, pregnant, smoking and use contraceptive drugs. In this research, subject's WC, WHR and cholesterol total/HDL ratio were measured.

Subject participated in this study were woman ( $n=56$ ), aged  $39.6 \pm 5.2$  years old. In this study, tested the correlation between WC and WHR with cholesterol total/HDL ratio. Pearson correlation test showed significant positive correlation between WC with cholesterol total/HDL ratio ( $r=0.474$ ;  $p=0.000$ ) and between WHR with cholesterol total/HDL ratio ( $r=0.264$ ;  $p=0.049$ ).

Key words: obesity, WC, WHR, cholesterol total/HDL ratio