

## ABSTRAK

Hobi merupakan suatu hal yang disenangi, dilakukan secara sistematis dan berulang-ulang oleh seseorang atau sekelompok orang pada waktu senggang. Hobi dengan aktivitas yang tinggi seperti berolahraga cenderung memiliki pengaruh baik untuk kesehatan. Obesitas adalah suatu penyakit atau kelainan metabolik yang ditandai dengan peningkatan lemak tubuh. Obesitas merupakan faktor risiko independen penyakit kardiovaskular. Penelitian ini bertujuan untuk mengevaluasi hubungan antara hobi dengan parameter obesitas, yaitu persentil indeks massa tubuh, lingkaran pinggang dan *waist height ratio* pada siswa SMA di Indonesia. Penelitian ini dilakukan pada siswa SMA yang berada di Yogyakarta, Bali, Sumatera Selatan, dan Kalimantan Barat. Jenis dan rancangan penelitian yang dilakukan adalah observasional analitik dan *cross-sectional*. Subjek diperoleh menggunakan teknik *cluster random sampling*.

Data hobi diperoleh melalui kuesioner dan data persentil indeks massa tubuh, lingkaran pinggang dan *waist height ratio* diperoleh dari pengukuran tinggi badan, berat badan, dan lingkaran pinggang. Data dianalisis menggunakan uji-t tidak berpasangan dengan taraf kepercayaan 95%. Hasil penelitian ini memperoleh proporsi obesitas siswa berdasarkan persentil indeks massa tubuh sebesar 13%, lingkaran pinggang sebesar 25,7%, dan *waist height ratio* sebesar 36%. Hasil analisis menunjukkan bahwa tidak terdapat pengaruh antara hobi terhadap parameter obesitas, yaitu persentil indeks massa tubuh ( $p = 0,31$ ), *waist height ratio* ( $p = 0,69$ ), dan lingkaran pinggang ( $p = 0,95$ ).

**Kata Kunci :** Hobi, Obesitas, persentil Indeks Massa Tubuh (persentil IMT), Lingkaran pinggang (LP), *Waist Height Ratio* (WHtR)

## ABSTRACT

*Hobbies are things that are liked, done systematically and repeatedly by a person or group of people in their spare time. Hobbies with high activity such as exercise tend to have good health effects. Obesity is a metabolic disease or disorder characterized by an increase in body fat. Obesity is an independent risk factor for cardiovascular disease. This study aims to evaluate the relationship between hobbies with obesity parameters, namely body mass index percentile, waist circumference and waist height ratio in high school students in Indonesia. This research was conducted on high school students in Yogyakarta, Bali, South Sumatra and West Kalimantan. The type and design of the study were observational analytic and cross-sectional. Subjects were obtained using cluster random sampling technique.*

*Hobby data were obtained through questionnaires and data of body mass index percentile, waist circumference and waist height ratio were obtained from measurements of height, weight, and waist circumference. Data were analyzed using independent t-test with 95% confidence level. The results of this study obtained the proportion of obesity students based on body mass index percentile of 13%, waist circumference of 25.7%, and waist height ratio of 36%. The results of the analysis showed that there was no influence between hobbies on obesity parameters, namely body mass index percentiles ( $p = 0.31$ ), waist height ratio ( $p = 0.69$ ), and waist circumference ( $p = 0.95$ ).*

**Keywords:** *Hobbies, Obesity, Percentile of The Body Mass Index (BMI percentile), Waist Circumference (WC), Waist Height Ratio (WHtR)*