

ABSTRAK

Overweight dan obesitas merupakan keadaan terjadinya penumpukan lemak berlebihan atau abnormalitas yang dapat mengganggu kesehatan yang menjadi salah satu faktor risiko penyakit *Chronic Heart Disease* termasuk dislipidemia, diabetes mellitus tipe 2, dan hipertensi. Penumpukan lemak yang terjadi dapat meningkatkan kadar kolesterol total dalam darah yang memicu terjadinya hiperkolesterolemia. Tujuan dari penelitian ini adalah untuk mengidentifikasi hubungan antara status obesitas berdasarkan *body fat percentage* terhadap kejadian hiperkolesterolemia pada populasi dewasa di Dusun Tanjung, Kabupaten Kulon Progo. Penelitian ini merupakan penelitian observasional analitik menggunakan rancangan *cross-sectional*. Jumlah responden penelitian sebanyak 44 orang dewasa usia 18-65 tahun (16 laki-laki dan 28 perempuan). Data status obesitas diperoleh dari *body fat percentage* dengan metode BIA dengan Karada Scan merk OMRON tipe HBF-212, sedangkan hiperkolesterolemia diukur dari hasil pengukuran kolesterol total dengan *Point Of Care Testing*. Analisis data dilakukan menggunakan uji komparatif Fisher dengan taraf kepercayaan 95%. Hasil penelitian menunjukkan adanya hubungan bermakna antara status obesitas berdasarkan *body fat percentage* terhadap kejadian hiperkolesterolemia ($p=0.019$).

Kata Kunci : status obesitas, hiperkolesterolemia, *body fat percentage*

ABSTRACT

Overweight and obesity are a condition of excessive fat accumulation or abnormalities that can interfere with health which is one of the risk factors for Chronic Heart Disease including dyslipidemia, type 2 diabetes mellitus, and hypertension. Fat accumulation that occurs can increase total cholesterol levels in the blood which triggers hypercholesterolemia. The purpose of this study was to identify the relationship between obesity status based on body fat percentage with the incidence of hypercholesterolemia in the adult population in Tanjung Village, Kulon Progo Regency. This study is an analytic observational study using cross-sectional design. The number of respondents was 44 adults aged 18-65 years (16 men and 28 women). Obesity status data was obtained from body fat percentage with BIA method with Karada Scan OMRON brand type HBF-212, while hypercholesterolemia was measured from the results of measurements of total cholesterol with Point Of Care Testing. Data analysis was performed using Fisher's comparison test with a 95% confidence level. The results showed a significant relationship between obesity status based on body fat percentage with the incidence of hypercholesterolemia ($p = 0.019$).

Keywords: obesity status, hypercholesterolemia, body fat percentage

