

INTISARI

Antropometri merupakan pengukuran yang mudah dan murah yang dapat digunakan sebagai indikator kesehatan dan status nutrisi seseorang. Pengukuran lingkar pinggang (LP) dan rasio lingkar pinggang panggul (RLPP) dapat digunakan untuk mendeteksi adanya obesitas sentral. Penelitian ini bertujuan untuk mengetahui korelasi LP dan RLPP terhadap HbA1c pada staf wanita dewasa sehat di Universitas Sanata Dharma.

Jenis penelitian yaitu observasional analitik dengan rancangan *cross-sectional* (rancangan potong-lintang). Subjek penelitian adalah staf wanita dewasa sehat di Universitas Sanata Dharma Yogyakarta yang berjumlah 52 responden dan dipilih menggunakan teknik *purposive sampling*. Pengukuran yang dilakukan meliputi pengukuran lingkar pinggang, lingkar panggul, dan kadar HbA1c. Data dianalisis dengan uji normalitas *Kolmogorov-Smirnov* dan *Shapiro Wilk*, uji komparatif *Mann-Whitney* dan uji korelasi *Pearson* dengan taraf kepercayaan 95%.

Hasil penelitian ditunjukkan dengan nilai rerata karakteristik responden yaitu usia = 44,08 tahun, LP = 81,45, RLPP = 0,85, dan HbA1c = 5,52. Kesimpulan penelitian ini yaitu LP mempunyai korelasi negatif tidak bermakna dengan kekuatan sangat lemah ($r=0,0008$; $p=0,764$) dan RLPP mempunyai korelasi positif tidak bermakna dengan kekuatan sangat lemah ($r=0,002$; $p=0,686$) terhadap kadar HbA1c pada staf wanita kampus I, II, III Universitas Sanata Dharma Yogyakarta.

Kata kunci: lingkar pinggang, rasio lingkar pinggang panggul, HbA1c

ABSTRACT

Anthropometric method was simple and cheap measurement that can be used for person's health and nutrition indicator. Waist circumference and waist to hip ratio can be used to detect the presence of central obesity. This study aimed to determine the correlation of waist circumference and waist to hip ratio) on HbA1c in staff healthy adult women in Sanata Dharma University.

This study was an analytic observational with cross-sectional study design. Subjects were healthy adult women staff in Sanata Dharma University in Yogyakarta, amounting to 52 respondents and selected using purposive sampling technique. Measurements were conducted on the measurement of waist circumference, pelvic circumference, and HbA1c levels. Data were statistically analyzed with Kolmogorov-Smirnov and Shapiro Wilk normality test and the hypothesis tested in comparative Mann-Whitney test, analysis correlation used Pearson test with confidence level of 95%.

Results of the study are shown by mean value the characteristics of the respondents, age = 44.08 years, LP = 81.45, waist hip ratio = 0.85, and HbA1c = 5.52. The conclusion of this study showed that LP has no significant negative correlation with the strength is very weak ($r = 0.0008$; $p = 0.764$) and waist hip ratio was not significantly positively correlated with the strength is very weak ($r = 0.002$; $p = 0.686$) on levels of HbA1c in staff female campus I, II, III Sanata Dharma University in Yogyakarta.

Keywords: waist circumference, waist to hip ratio, HbA1c