INTISARI

Obesitas merupakan faktor risiko DM tipe 2. Hampir 90% penyandang DM tipe 2 mengalami obesitas. Obesitas dapat dinilai dari *body fat percentage*, sedangkan DM tipe 2 dapat dinilai dari HbA1c. Tujuan Penelitian ini adalah mengetahui korelasi antara *body fat percentage* terhadap HbA1c.

Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross sectional*. Subyek penelitian adalah staf wanita dewasa sehat di Universitas Sanata Dharma Yogyakarta berjumlah 52 orang, yang telah memenuhi kriteria inklusi dan eksklusi. Pengambilan sampel secara *non-random* dengan jenis *purposive sampling*. Pengukuran yang dilakukan adalah *skinfold thickness* pada bagian *triceps*, *suprailiac*, dan *abdominal* untuk menghitung *body fat percentage* serta pengukuran HbA1c. Data yang diperoleh dihitung secara statistik dengan taraf kepercayaan 95% menggunakan uji *Kolmogorov-Smirnov*, *Shapiro-Wilk*, *Mann-Whitney*, dan *Spearman*.

Hasil penelitian menunjukan median umur subyek penelitian adalah 44 tahun, median *body fat percentage* sebesar 33,65 %, dan rata - rata HbA1c sebesar 5,52%. Hasil uji korelasi menunjukan korelasi positif tidak bermakna (p = 0,358) dengan kekuatan korelasi sangat lemah (r = 0,130) antara *body fat percentage* terhadap HbA1c.

Kesimpulan penelitian adalah terdapat korelasi positif tidak bermakna dengan kekuatan korelasi sangat lemah antara *body fat percentage* dengan HbA1c pada subyek penelitian.

Kata kunci : *skinfold thickness*, *body fat percentage*, HbA1c

ABSTRACT

Obesity is a risk factor for type 2 diabetes mellitus. Nearly 90% of people with type 2 diabetes mellitus are obese. Obesity can be judged from the body fat percentage, whereas type 2 diabetes mellitus can be assessed by HbA1c. The purpose of this study was to determine the correlation between body fat percentage on HbA1c.

This study is an observational analytic with cross sectional design. Subjects were healthy adult female staff at Sanata Dharma University in Yogyakarta totaling 52 people, who have met the inclusion and exclusion criteria. Sampling was carried out in a non-random with the type of purposive sampling. Measurements made are skinfold thickness at the triceps, suprailiac, and abdominal to calculate body fat percentage and measurement of HbA1c. Data obtained were statistically calculated with 95% confidence level using the Kolmogorov-Smirnov, Shapiro-Wilk, Mann-Whitney, and Spearman.

The results showed a median age of study subjects was 44 years, median body fat percentage of 33.65 %, and the average HbA1c of 5.52 %. Correlation test results showed a positive correlation was not significant ($p = 0.358$) with the strength of a very weak correlation ($r = 0.130$) between body fat percentage on HbA1c.

The conclusion of study revealed that there is no significant positive correlation with the strength of a very weak correlation between body fat percentage and HbA1c in the study subjects.

Keywords : skinfold thickness, body fat percentage, HbA1c