

## INTISARI

Antropometri adalah metode pengukuran tubuh manusia yang sederhana, murah, dan mudah dilakukan. Lingkar pinggang (LP) dan rasio lingkar pinggang panggul (RLPP) merupakan bagian yang sering diukur. Hasil pengukuran LP/RLPP tersebut dapat dijadikan indikator peningkatan faktor risiko beberapa penyakit, khususnya penyakit kardiovaskular. Faktor risiko Penyakit kardiovaskular adalah obesitas sentral.

Penelitian ini dilakukan untuk mengukur LP, RLPP, rasio kadar kolesterol total/HDL dan rasio kadar HDL/LDL pada staf wanita dewasa sehat Universitas Sanata Dharma Yogyakarta. Penelitian ini merupakan penelitian observasional analitik dengan rancangan *cross-sectional*. Pengambilan sampel dilakukan secara *non-random sampling* dengan jumlah responden 52 orang.

Tujuan penelitian adalah untuk mengetahui apakah terdapat korelasi antara LP dan RLPP terhadap rasio lipid. Karakteristik responden penelitian, meliputi: LP ( $81,45 \pm 7,71$ ), RLPP ( $0,85 \pm 0,048$ ), kolesterol total/HDL ( $3,83 \pm 1,09$ ), dan LDL/HDL ( $2,29 \pm 0,83$ ). Hasil penelitian ini menunjukkan korelasi LP terhadap rasio kadar kolesterol total/HDL ( $r=0,242$ ;  $p=0,084$ ) dan LDL/HDL ( $r=0,234$ ;  $p=0,095$ ). RLPP terhadap rasio kadar kolesterol total/HDL ( $r=0,203$ ;  $p=0,150$ ) dan LDL/HDL ( $r=0,233$ ;  $p=0,097$ ).

Terdapat korelasi yang tidak bermakna dengan kekuatan korelasi lemah antara LP dengan kolesterol total/HDL dan LDL/HDL. Korelasi yang tidak bermakna dengan kekuatan korelasi lemah antara RLPP dengan kolesterol total/HDL dan LDL/HDL.

**Kata Kunci** : LP, RLPP, rasio kadar kolesterol total/HDL, rasio kadar LDL/HDL

## ABSTRACT

Anthropometry is the human body measurement method that simple, inexpensive, and easy to do. Waist circumference (WC) and the ratio of waist-hip ratio (WHR) is the part that is often measured. The results of measurements WC and WHR can be used as indicators of increasing risk of some diseases, particularly cardiovascular disease (CVD). CVD risk factors is central obesity. This study was conducted to measure the WC, WHR, total cholesterol/HDL ratio and HDL/LDL ratio in healthy adult female staff Sanata Dharma Yogyakarta.

Aim of this study was to determine the correlation between WC and WHR with lipid ratio. This study is observational analytic cross-sectional design. Sampling is done in a non-random sampling with the number of respondents 52 people.

Characteristics of survey respondents , include : LP ( $81.45 \pm 7.71$ ) , waist hip ratio ( $0.85 \pm 0.048$ ) , total cholesterol/HDL ( $3.83 \pm 1.09$ ) , and LDL / HDL ( $2.29 \pm 0,83$ ) . The results of this study showed a correlation LP on the ratio of total cholesterol/HDL ( $r= 0.242$ ;  $p= 0.084$ ) and LDL/HDL ( $r = 0.234$ ;  $p = 0.095$ ). Waist hip ratio to the ratio of total cholesterol/HDL ( $r= 0.203$ ;  $p= 0.150$ ) and LDL/HDL ( $r= 0.233$ ;  $p= 0.097$ ) .

There was no significant with weak correlation between WC and total cholesterol/HDL ratio and LDL/HDL ratio. There was no significant with weak correlation between WHR to total cholesterol/HDL ratio and LDL/HDL ratio .

**Keywords:** WC, waist-hip ratio, total cholesterol/HDL ratio, LDL/HDL ratio