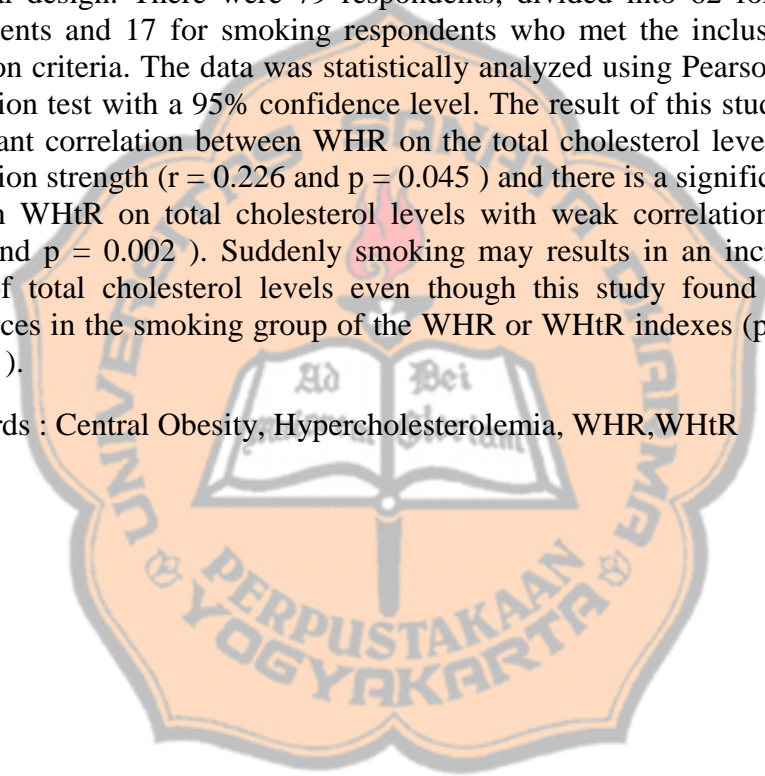


ABSTRACT

Central obesity is a condition when high levels of intra-abdominal fat becomes one of the risk factors in increasing total cholesterol (hypercholesterolemia) and the risk of cardiovascular disease. Measurement of central obesity status can be done by measuring the waist hip circumference index (WHR) and waist height ratio (WHtR). This research aim is to study the correlation between central obesity indices determined from WHR and WHtR to total cholesterol levels in students with friars background in University of Sanata Dharma Yogyakarta. This research is an analytic observational study with cross-sectional design. There were 79 respondents, divided into 62 for non smoking respondents and 17 for smoking respondents who met the inclusion as well as exclusion criteria. The data was statistically analyzed using Pearson or Spearman correlation test with a 95% confidence level. The result of this study is, there is a significant correlation between WHR on the total cholesterol levels with a weak correlation strength ($r = 0.226$ and $p = 0.045$) and there is a significant correlation between WHtR on total cholesterol levels with weak correlation strength ($r = 0.336$ and $p = 0.002$). Suddenly smoking may results in an increased average value of total cholesterol levels even though this study found no significant differences in the smoking group of the WHR or WHtR indexes ($p = 0.466$ and $p = 0.108$).

Keywords : Central Obesity, Hypercholesterolemia, WHR, WHtR



ABSTRAK

Obesitas sentral merupakan keadaan pada saat tingginya kadar lemak intra abdomen yang merupakan salah satu faktor risiko dari meningkatnya kolesterol total (hiperkolesterolemia) dan resiko *Cardiovascular disease*. Pengukuran status obesitas sentral dapat dilakukan dengan mengukur indeks rasio lingkaran pinggang pinggul (RLPP) dan rasio lingkaran pinggang tinggi badan (RLPTB). Penelitian ini bertujuan untuk mempelajari korelasi indeks obesitas sentral yang dilihat dari RLPP dan RLPTB terhadap kadar kolesterol total pada mahasiswa berlatar belakang biawan Universitas Sanata Dharma Yogyakarta. Jenis penelitian ini yaitu observasional analitik dengan rancangan *cross sectional*. Sebanyak 79 responden keseluruhan dalam penelitian ini, terbagi dalam 62 responden tidak merokok dan 17 responden merokok yang memenuhi kriteria inklusi dan esklsi. Analisis statistik data menggunakan uji korelasi *Pearson* atau *Spearman* dengan taraf kepercayaan 95%. Hasil penelitian ini yaitu terdapat korelasi bermakna antara RLPP terhadap kadar kolesterol total dengan kekuatan korelasi lemah ($r = 0,226$ dan $p = 0,045$) dan terdapat korelasi bermakna antara RLPTB terhadap kadar kolesterol total dengan kekuatan korelasi lemah ($r = 0,336$ dan $p = 0,002$). Merokok dapat menyebabkan peningkatan nilai rata - rata kadar kolesterol total meskipun pada penelitian ini ditemukan perbedaan tidak bermakna di kelompok merokok pada indeks RLPP maupun RLPTB ($p = 0,466$ dan $p = 0,108$).

Kata kunci : Obesitas Sentral, Hiperkolesterolemia, RLPP, RLPTB

