

## ABSTRAK

*Body fat percentage* (BFP) merupakan metode pengukuran yang digunakan untuk mengevaluasi keadaan obesitas. Obesitas merupakan faktor risiko penyakit kardiovaskular. Risiko penyakit kardiovaskular dapat dievaluasi menggunakan metode *framingham risk score* (FRS). Penelitian ini bertujuan untuk mengetahui hubungan antara BFP terhadap risiko penyakit kardiovaskular pada pria dewasa di Desa Kepuharjo, Kecamatan Cangkringan, Sleman, Yogyakarta. Desain penelitian adalah observasional analitik, dengan rancangan penelitian *cross sectional*. Penelitian dilakukan dengan mengukur BFP sebagai variabel bebas, dan risiko penyakit kardiovaskular sebagai variabel tergantung. Hasil data BFP didapatkan dari pengukuran *skinfold thickness* yang sudah dilakukan dan didapatkan nilai dalam bentuk persentase (%). Risiko penyakit kardiovaskular dihitung menggunakan *framingham risk score*. Penelitian dilakukan pada 40 pria dewasa yang diikutsertakan dalam analisis. Dilakukan uji komparatif *one-way ANOVA* antara BFP dengan *framingham risk score* dengan nilai  $p = 0,714$ . Uji korelatif BFP dengan *framingham risk score* dilakukan dengan uji korelasi Pearson didapatkan nilai  $r = -0,029$  dan nilai  $p = 0,860$ . BFP memiliki hubungan negatif tidak signifikan dengan risiko penyakit kardiovaskular pada pria dewasa di Desa Kepuharjo, Kecamatan Cangkringan, Sleman, Yogyakarta meskipun kekuatan korelasinya lemah.

**Kata kunci :** *body fat percentage*, risiko penyakit kardiovaskular, *framingham risk score*

## ABSTRACT

Body fat percentage (BFP) is a measurement method which is used to evaluate obesity. Obesity is one of the risks of cardiovascular disease. The risk of cardiovascular disease can be evaluated by using Framingham Risk Score (FRS) method. To know the correlation between BFP and the risks of cardiovascular disease in adult men that is conducted in Kepuharjo Village, Cangkringan District, Sleman, Yogyakarta. The design of this research is an observational analytic which uses cross-sectional research. This research is conducted by determining the BFP as a independent variable and the risk of cardiovascular disease as a dependent variable. The result of BFP is obtained from measuring the skinfold thickness in a form of percentage (%). The measurement of skinfold thickness is conducted on the part of skinfolds, which are: abdominal, triceps and suprailiac. The risks of cardiovascular disease is counted by using Framingham risk score, which are: elderly, high density lipoprotein (HDL), blood pressure, smoking and diabetes mellitus. This research is performed on forty adult men. The researcher makes a comparative test one way ANOVA, which compares between BFP and Framingham risk score that has  $p\text{-value}=0,714$ . Correlative test between BFP and Framingham risk score is conducted by using Pearson correlation test. From the test got the  $r\text{-value}= -0,029$  and  $p\text{-value}=0,860$ . There is a meaningless correlation in negative correlation direction and weak correlation between BFP and the risk of cardiovascular disease.

**Keywords:** BFP, risks of cardiovascular, framingham risk score