

Hubungan Asupan Zat Gizi, Konsumsi Minuman Beralkohol, dan Kebiasaan Merokok dengan Obesitas Sentral pada *Lady Companion* (LC) di Paguyuban Karaoke Argorejo Kota Semarang

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ABSTRAK

Latar Belakang: Obesitas sentral merupakan kondisi penumpukan lemak yang berlebih di jaringan lemak subkutan dan *visceral*. LC termasuk kelompok yang berisiko tinggi terhadap obesitas sentral akibat gaya hidup seperti konsumsi minuman beralkohol dan merokok.

Tujuan: Menganalisis hubungan asupan zat gizi, konsumsi minuman beralkohol, dan kebiasaan merokok dengan obesitas sentral.

Metode: Penelitian observasional analitik dengan desain *Cross Sectional*. Sampel dipilih dengan *consecutive sampling* sebanyak 90 LC berusia 18-49 tahun. Analisis data menggunakan uji korelasi pearson, rank spearman, dan regresi linier berganda.

Hasil: Sebanyak 67,8% subyek mengalami obesitas sentral. Terdapat hubungan antara asupan energi, karbohidrat, lemak, protein, serat, jumlah konsumsi minuman beralkohol, frekuensi konsumsi minuman beralkohol, jumlah rokok, dan lama merokok dengan obesitas sentral ($p < 0,05$). Asupan energi merupakan faktor dominan yang berpengaruh terhadap obesitas sentral ($R^2 = 0,400$; $\beta = 0,013$; $p = 0,009$)

Simpulan: Asupan energi adalah faktor yang paling berhubungan dengan obesitas sentral

Kata Kunci: asupan zat gizi, *lady companion*, merokok, minuman beralkohol, obesitas sentral, wanita usia subur

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The Relationship between Nutrient Intake, Alcohol Beverages Consumption, and Smoking Habits with Central Obesity among Lady Companions in the Argorejo Karaoke Community, Semarang City

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ABSTRACT

Background: Central obesity refers to the excessive accumulation of fat in subcutaneous and visceral adipose tissues. Lady Companions (LCs) represent a high-risk population for central obesity due to lifestyle factors such as alcohol beverages consumption and smoking.

Objective: This study aimed to examine the relationship between nutrient intake, alcohol consumption, and smoking habits with central obesity among LCs.

Methods: This was an analytical observational study with a cross-sectional design. A total of 90 LCs aged 18–49 years were recruited through consecutive sampling. Data were analyzed using Pearson correlation, Spearman's rank correlation, and multiple linear regression.

Results: Central obesity was present in 67.8% of participants. Significant associations were found between central obesity and energy, carbohydrate, fat, protein, and fiber intake, as well as the amount and frequency of alcohol beverages consumption, the number of cigarettes smoked, and duration of smoking ($p < 0,05$). Energy intake emerged as the most influential factor associated with central obesity ($R^2 = 0.400$; $\beta = 0.013$; $p = 0.009$).

Conclusion: Energy intake is the most dominant factor contributing to central obesity among Lady Companions in the studied population.

Keywords: nutrient intake, lady companion, smoking, alcohol beverages consumption, central obesity, women of reproductive age

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