

Hubungan Berat Badan dengan Kadar Kolesterol Total Dua Bulan Pasca Program Penurunan Berat Badan pada Pegawai Dewasa Obesitas

Alvina Amalia Putri Adiriana¹, Etika Ratna Noer¹, Mursid Tri Susilo¹, Aryu Candra¹

*Email : alvinaadiriana@gmail.com

ABSTRAK

Latar Belakang : Berat badan berkaitan erat dengan obesitas karena sebagai salah satu parameter untuk monitoring status gizi dan membantu mengurangi risiko dislipidemia. Kondisi obesitas sistemik dapat menaikkan 9% kolesterol total sehingga diduga berat badan juga berpengaruh pada kadar kolesterol total. Oleh karena itu, keterkaitan berat badan dan kadar kolesterol total, utamanya pasca mengalami program penurunan berat badan perlu diteliti.

Tujuan : Menganalisis hubungan berat badan dengan kadar kolesterol total dua bulan pasca program penurunan berat badan pada pegawai dewasa obesitas.

Metode : Penelitian ini menggunakan desain *cross-sectional* pada 30 subjek yang diambil secara *total sampling*. Pengambilan dan pengukuran data meliputi timbangan digital, GCU meter, SF-IPAQ (aktivitas fisik), SQ-FFQ (asupan makronutrien). Analisis data menggunakan analisis univariat dan bivariat (uji korelasi Spearman Rho).

Hasil : Pasca dua bulan program penurunan berat badan, 56,7% subjek masih dalam IMT kategori *obese* II, 56,7% subjek memiliki kadar kolesterol total normal, dan 80% subjek beraktivitas fisik sedang. Analisis bivariat menunjukkan hubungan yang tidak signifikan pada berat badan ($p = 0,279$), namun terdapat hubungan yang signifikan pada asupan energi ($p = 0,028$) dan asupan protein ($p = 0.037$) dengan kadar kolesterol total.

Kesimpulan : Tidak terdapat hubungan yang signifikan antara berat badan dengan kadar kolesterol total.

Kata Kunci : aktivitas fisik, asupan makronutrien, berat badan, kolesterol, obesitas

¹Departemen Ilmu Gizi, Fakultas Kedokteran, Universitas Diponegoro, Semarang

The Relationship Between Body Weight and Total Cholesterol Levels Two Months After a Weight Loss Program in Obese Adult Employees.

Alvina Amalia Putri Adiriana¹, Etika Ratna Noer¹, Mursid Tri Susilo¹, Aryu Candra¹

*Email : alvinaadiriana@gmail.com

ABSTRACT

Background: Body weight is closely related to obesity as one of the parameters for monitoring nutritional status and helping to reduce the risk of dyslipidemia. Systemic obesity can increase total cholesterol by 9%, so it is suspected that body weight also affects total cholesterol levels. Therefore, the relationship between body weight and total cholesterol levels, especially after undergoing a weight loss program, needs to be studied.

Objective: To determine the relationship between body weight and total cholesterol levels two months after a weight loss program in obese employees.

Methods: This study used a cross-sectional design involving 30 subjects selected by total sampling. Data collection and measurements included digital scales, GCU meter, SF-IPAQ (physical activity), and SQ-FFQ (food intake). Data analysis involved univariate and bivariate (Spearman Rho correlation test) analyses.

Results: After two months of the weight loss program, 56.7% of the subjects were still in the Obese II BMI category, 56.7% of the subjects had normal total cholesterol levels, and 80% of the subjects engaged in moderate physical activity. Bivariate analysis showed a non-significant relationship with body weight ($p = 0.279$), but there were significant relationships between energy intake ($p = 0.028$) and protein intake ($p = 0.037$) with total cholesterol levels.

Conclusion: There is no significant relationship between body weight and total cholesterol levels two months after weight loss program.

Keywords: physical activity, macronutrient intake, body weight, cholesterol, obesity

¹Nutrition Science Department, Faculty of Medicine, Diponegoro University, Semarang