

## **Kadar Serum Glutamic Oxaloacetic Transaminase (SGOT) Dan Serum Glutamic Piruvic Transaminase (SGPT) Pada Lansia Obesitas Abdominal**

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### **ABSTRAK**

**Latar Belakang :** Penumpukan lemak visceral pada rongga perut yang terjadi pada obesitas abdominal dapat menimbulkan terjadinya NAFLD atau Non-alcoholic fatty liver disease. Belakangan ini NAFLD telah menjadi perhatian para peneliti karena dianggap sebagai manifestasi sindrom metabolik yang memiliki hubungan erat dengan obesitas. NAFLD dapat menyebabkan kerusakan hati yang mengakibatkan adanya peningkatan enzim SGOT SGPT.

**Tujuan :** Mengetahui gambaran hubungan antara kadar SGOT SGPT dengan obesitas abdominal pada lansia.

**Metode :** Desain penelitian cross sectional dengan jumlah subjek 49 lansia yang dipilih secara multistage random sampling. Pengukuran lingkar pinggang dilakukan menggunakan pita statis, kadar enzim SGOT SGPT diuji dengan metode spektrofotometri enzimatis. Uji statistik yang digunakan adalah uji korelasi Spearman.

**Hasil :** Subjek memiliki kadar SGOT tinggi sebesar 10,2% dengan rerata kadar SGOT  $23,10 \pm 6,15$  dan seluruh subjek memiliki kadar SPT dengan rerata kadar SGPT  $16,41 \pm 5,008$ . Perempuan dengan lingkar pinggang kategori berat memiliki kadar SGOT tinggi 4,08%. Pria dengan lingkar pinggang kategori ringan memiliki kadar SGOT tinggi 2,04%. Terdapat hubungan negatif signifikan antara kadar SGPT dengan lingkar pinggang ( $r=-0,368$ ;  $p=0,009$ ).

**Simpulan :** Seluruh subjek memiliki kadar SGPT normal dan 10,2% subjek memiliki kadar SGOT tinggi. Subjek dengan kadar SGOT tinggi memiliki lingkar pinggang lebih besar.

**Kata Kunci :** Obesitas abdominal, lansia, SGOT, SGPT

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## **Serum Glutamic Oxaloacetic Transaminase (SGOT) and Serum Glutamic Piruvic Transaminase (SGPT) Levels in Abdominal Obesity Elderly**

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### **ABSTRACT**

**Background:** Accumulation of visceral fat in the abdominal cavity that occurs in abdominal obesity can cause NAFLD or Non-alcoholic fatty liver disease. Recently NAFLD has become a concern of researchers because it is considered a manifestation of the metabolic syndrome which has a close relationship with obesity. NAFLD can cause liver damage resulting in an increase in the SGOT SGPT enzyme.

**Objective:** To know the description of the relationship between SGOT SGPT levels and abdominal obesity in the elderly.

**Methods:** A cross-sectional study design with 49 elderly subjects selected by multistage random sampling. Waist circumference measurements were carried out using a static tape, SGOT SGPT enzyme levels were tested using enzymatic spectrophotometry method. The statistical test used is the Spearman correlation test.

**Results:** Subjects had high SGOT levels of 10.2% with an average SGOT level of  $23.10 \pm 6.15$  and all subjects had SPT levels with an average SGPT level of  $16.41 \pm 5.008$ . Women with a heavy waist circumference have a high SGOT level of 4.08%. Men with a mild waist circumference have a high SGOT level of 2.04%. There is a significant negative relationship between SGPT levels and waist circumference ( $r=-0.368$ ;  $p=0.009$ ).

**Conclusion:** All subjects had normal SGPT levels and 10.2% of subjects had high SGOT levels. Subjects with high SGOT levels had larger waist circumferences..

**Keywords :** abdominal obesity, elderly, SGOT, SGPT

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