

# **Perbedaan Jenis Kelamin, Herediter, Aktifitas Fisik, Pengetahuan Gizi, Wilayah, dan Asupan Zat Gizi Makro antara Obesitas dan Non-Obesitas (Studi pada Guru di Kabupaten dan Kota Semarang)**

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## **ABSTRAK**

Latar Belakang: Obesitas dapat meningkatkan risiko penyakit tidak menular. Pegawai Negeri Sipil (PNS) merupakan sektor tenaga kerja yang memiliki prevalensi obesitas tertinggi dibandingkan dengan jenis pekerjaan yang lain yaitu sebesar 33,7%. PNS fungsional guru sebesar 60% dan PPPK tenaga guru sebesar 91%. Guru memiliki beban jam kerja yang dapat berpengaruh terhadap aktifitas fisik yang kurang dan pemilihan jenis makanan tinggi energi yang berisiko menjadi obesitas. Guru dengan permasalahan obesitas dapat berisiko mengalami PTM dan menurunkan prestasi dalam pembangunan SDM bangsa dan negara.

Tujuan: Mengetahui perbedaan jenis kelamin, herediter, aktifitas fisik, pengetahuan gizi, wilayah, dan asupan zat gizi makro antara obesitas dan non-obesitas pada guru di Kabupaten dan Kota Semarang

Metode: Penelitian ini adalah penelitian observasional dengan pendekatan cross-sectional pada 72 guru usia 35-54 tahun yang dihitung menggunakan rumus besar sampel cross-sectional dengan teknik purposive sampling. Obesitas dinilai berdasarkan IMT Depkes ( $>27$  kg/m<sup>2</sup>). Populasi target untuk penelitian ini adalah guru umur 35-54 tahun, sedangkan populasi terjangkau untuk penelitian ini adalah guru SMP Negeri di wilayah Kabupaten Semarang sebagai wilayah perdesaan dan Kota Semarang sebagai wilayah perkotaan pada saat pengambilan data. Kriteria inklusi dalam penelitian ini adalah guru SMP Negeri umur 35-54 tahun, tidak sedang menjalani program diet tertentu dan tidak sedang menjalani pengobatan penyakit/isolasi mandiri. Kriteria eksklusi dalam penelitian ini adalah mengundurkan diri dari penelitian, tidak dapat dihubungi, data tidak lengkap, dan pindah lokasi saat pengambilan data. Pengambilan data dilakukan menggunakan kuesioner terstandar dengan wawancara secara langsung. Data numerik dianalisis menggunakan uji Independent t-Test apabila data berdistribusi normal dan uji Mann Whitney apabila data berdistribusi tidak normal. Data kategorik dianalisis menggunakan uji Chi-Square. Analisis multivariat menggunakan uji regresi linear berganda untuk mengetahui hubungan antara banyak variabel bebas dengan variabel terikat.

Hasil: Jenis kelamin ( $p = 1$ ), herediter ( $p = 0,188$ ), aktifitas fisik ( $p = 0,023$ ), pengetahuan gizi ( $p = 0,024$ ), wilayah ( $p = 1$ ), asupan energi ( $p = 0,331$ ), asupan karbohidrat ( $p = 0,790$ ), asupan protein ( $p = 0,535$ ), asupan lemak ( $p = 0,532$ ). R Square = 0,16 (aktifitas fisik  $p = 0,17$ ; pengetahuan gizi  $p = 0,19$ )

Simpulan: Terdapat perbedaan aktifitas fisik dan pengetahuan gizi antara obesitas dan non-obesitas pada guru di Kabupaten dan Kota Semarang.

Kata Kunci: perbedaan, aktifitas, pengetahuan, gizi, obesitas, guru.

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## **Differences in Gender, Heredity, Physical Activity, Nutritional Knowledge, Region, and Macronutrient Intake between Obesity and Non-Obesity (Study of Teachers in Semarang Regency and City)**

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### **ABSTRACT**

**Background:** Obesity can increase non-communicable diseases (NCD). Civil Servants (PNS) are the labor sector that has the highest prevalence of obesity (33.7%) compared to other types of work. 60% of Functional Civil Servants and 91% of Government employees with employment agreements (PPPK) is dominated by Teachers. Teachers have a load of working hours which can affect of less physical activity and the choice of high-energy foods which are at risk of becoming obese. Teachers with obesity problems can be at risk of NCD and reduce achievements in developing human resources for the nation and state.

**Objective:** To determine the difference in gender, heredity, physical activity, nutritional knowledge, region, and macronutrient intake between obese and non-obese teachers in Semarang Regency and City.

**Methods:** Observational research with cross-sectional study on 72 teachers aged 35-54 years which was calculated using the cross-sectional sample size formula. Sample was selected by purposive sampling. Obesity was assessed based on BMI of Depkes ( $>27$  kg/m<sup>2</sup>). The target population is teachers aged 35-54 years, while the target population for this research is Junior High School teachers in the Semarang Regency area as a rural area and Semarang City as an urban area at the time of data collection. The inclusion criteria in this study were Junior High School teachers aged 35-54 years, not currently undergoing a specific diet program and not currently undergoing disease treatment/self-isolation. The exclusion criteria in this study were failure to participate in the research, not being able to be contacted, incomplete data, and moving location during data collection. Data collection was carried out using a standardized questionnaire with direct interviews. Data were analyzed using the Independent t-Test if the data was normally distributed and the Mann Whitney test if the data was not normally distributed. Categorical data was analyzed using the Chi-Square test. Multivariate analysis uses multiple linear regression tests to determine the relationship between many independent variables and the dependent variable.

**Results:** Gender ( $p = 1$ ), heredity ( $p = 0,188$ ), physical activity ( $p = 0,023$ ), nutritional knowledge ( $p = 0,024$ ), region ( $p = 1$ ), energy intake ( $p = 0,331$ ), carbohydrates intake ( $p = 0.790$ ), protein intake ( $p = 0,535$ ), fat intake ( $p = 0,532$ ). R Square = 0,16 (physical activity  $p = 0,17$ ; nutritional knowledge  $p = 0,19$ )

**Conclusion:** There are differences in physical activity and nutritional knowledge between obese and non-obese teachers in Semarang Regency and City.

**Keywords:** difference, activity, nutrition, knowledge, obesity, teacher.

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