

ABSTRAK

Latar Belakang: Sindrom Metabolik adalah suatu kumpulan gangguan metabolik yang dapat meningkatkan risiko penyakit degeneratif. Usia dewasa muda merupakan fase akhir dari proses perubahan fisiologis, hormonal dan psikologis, pada fase ini banyak faktor yang dapat memengaruhi kondisi metabolik seseorang. Lingkungan pondok pesantren memiliki kontribusi besar terhadap perkembangan sindrom metabolik bagi santri, baik melalui pola makan yang tidak seimbang, aktivitas fisik yang kurang, kualitas tidur yang buruk serta kecenderungan mengalami stres dan depresi. Penelitian yang dilakukan mengenai sindrom metabolik di lingkungan pesantren masih sangat terbatas, sehingga kajian terhadap faktor risiko pada santri diperlukan untuk perencanaan intervensi kesehatan yang tepat.

Tujuan: Mengidentifikasi faktor risiko sindrom metabolik pada santri dengan pola hidup di pondok pesantren modern, serta menganalisis hubungan aktivitas fisik, pola makan, kebiasaan tidur, stres dan depresi dengan kejadian sindrom metabolik.

Metode: Penelitian ini merupakan studi observasional analitik dengan desain *case-control*. Subjek dipilih secara *purposive sampling*, terdiri dari 90 santri (30 kasus dan 60 kontrol). Pengumpulan data menggunakan kuesioner 7 Day PAR, PSQI, PSS-10, PHQ-9 dan Aplikasi *FatSecret*. Pengukuran tekanan darah, antropometri, serta pemeriksaan laboratorium (Glukosa, Trigliserida dan HDL).

Hasil: Subjek terdiri dari 90 santri (rerata usia 19,86 tahun). Ditemukan bahwa kualitas tidur, pola makan, tingkat stres, depresi dan aktivitas fisik berhubungan signifikan dengan kejadian sindrom metabolik.

Kesimpulan: Terdapat hubungan signifikan antara kualitas tidur, pola makan, tingkat stres, depresi dan aktivitas fisik dengan kejadian sindrom metabolik pada santri di pondok pesantren modern.

Kata Kunci: sindrom metabolik, santri, pondok pesantren, aktivitas fisik, pola makan, kualitas tidur, stres dan depresi.

ABSTRACT

Background: Metabolic Syndrome is a cluster of metabolic abnormalities that can increase the risk of degenerative diseases. Young adulthood represents the final phase of physiological, hormonal, and psychological transitions, during which various factors may influence an individual's metabolic condition. The pesantren (Islamic boarding school) environment plays a significant role in the development of metabolic syndrome among students, through factors such as unbalanced dietary patterns, insufficient physical activity, poor sleep quality, as well as a tendency to experience stress and depression. Research on metabolic syndrome within pesantren settings remains limited, therefore, an assessment of contributing risk factors among santri is essential for planning appropriate health interventions.

Aim: To identify the risk factors of metabolic syndrome among santri based on their lifestyle in a modern Islamic boarding school and to analyze the relationship between physical activity, dietary patterns, sleep habits, stress, and depression with the occurrence of metabolic syndrome.

Methods: This study was an analytical observational approach with a case-control design. Subjects were selected using purposive sampling and consisted of 90 santri (30 cases and 60 controls). Data were collected using the 7-Day PAR questionnaire, PSQI, PSS-10, PHQ-9, and the FatSecret application. Measurements included blood pressure, anthropometry, and laboratory assessments (glucose, triglycerides, and HDL).

Results: A total of 90 santri participated in this study (mean age 19.86 years). The findings indicated that sleep quality, dietary patterns, stress levels, depression, and physical activity were significantly associated with the occurrence of metabolic syndrome.

Conclusion: There is a significant relationship between sleep quality, dietary patterns, stress levels, depression, and physical activity with metabolic syndrome among santri in modern Islamic boarding schools.

Keywords: metabolic syndrome, santri, Islamic boarding school, physical activity, dietary pattern, sleep quality, stress, depression.