

ABSTRAK

HUBUNGAN AKTIVITAS FISIK DAN STATUS OBESITAS DENGAN KADAR KOLESTEROL DAN KADAR ASAM URAT PADA PEGAWAI PUSKESMAS GUBUG 1 KABUPATEN GROBOGAN

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Kadar Kolesterol dan kadar asam urat yang tinggi dalam darah merupakan faktor resiko terjadinya penyakit degeneratif dan kejadian sindrome metabolik. Faktor yang dapat mempengaruhi terjadinya peningkatan kadar kolesterol dan asam urat salah satunya adalah obesitas dan aktivitas fisik. Penelitian ini bertujuan untuk mengetahui hubungan aktivitas fisik dan status obesitas dengan kadar kolesterol dan kadar asam urat pada pegawai Puskesmas Gubug 1 Kabupaten Grobogan.

Penelitian ini merupakan penelitian *explanatory* dengan pendekatan *Cross Sectional*. Responden dalam penelitian ini pegawai Puskesmas Gubug 1 Kabupaten Grobogan berjumlah 50 orang. Pengambilan sampel dilakukan dengan *accidental sampling*. Aktivitas fisik dengan kadar kolesterol dan asam urat uji hipotesis menggunakan korelasi Rank Spearman, sedangkan status obesitas dengan kadar kolesterol dan kadar asam urat uji hipotesis menggunakan korelasi Pearson.

Kadar kolesterol sebagian besar responden (72,0%) termasuk dalam kategori tinggi, dan kadar asam urat responden hampir semuanya dalam kategori normal (96,0%). Sebanyak (56,0%) responden sering melakukan aktivitas ringan, dan status obesitas responden sebagian besar obesitas sentral (68,0%). Hasil uji statistik menunjukkan tidak terdapat hubungan yang signifikan antara aktivitas fisik dan status obesitas dengan kadar kolesterol ($p = 0,630$ dan $0,988$), tidak ada hubungan status obesitas dengan kadar asam urat, namun ada hubungan aktivitas fisik dengan kadar asam urat ($p = 0,028$).

Kata Kunci : Aktifitas Fisik, Status Obesitas, Kadar Kolesterol, Kadar Asam Urat

ABSTRACT

CORRELATION BETWEEN PHYSICAL ACTIVITY AND OBESITY STATUS WITH CHOLESTEROL AND URIC ACID LEVEL ON EMPLOYEES PUSKESMAS GUBUG 1 GROBOGAN DISTRICT

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Cholesterol levels and high levels of uric acid in the blood are risk factors for degenerative disease and the incidence of metabolic syndrome. Factors that can affect the occurrence of elevated levels of cholesterol and uric acid one of them is obesity and physical activity. This study aims to determine the correlation of physical activity and the status of obesity with cholesterol levels and uric acid levels in employees Puskesmas Gubug 1 Grobogan District.

This research is an *explanatory* research with *Cross Sectional* approach. Respondents in this study employees of Puskesmas Gubug 1 Grobogan District amounted to 50 people. Sampling is done by *accidental sampling*. Physical activity with cholesterol and uric acid level hypothesis test with Rank Spearman, while the status of obesity with cholesterol level and uric acid level hypothesis test with Pearson.

Cholesterol levels of most respondents (72.0%) included in the high category, and uric acid levels of respondents almost all in the normal category (96.0%). As many as (56,0 %) respondents often do mild activity, and the obesity status of respondents is mostly central obesity (68,0%). The results of statistical tests showed no significant correlation between physical activity and obesity status with cholesterol levels ($p = 0.630$ and 0.988), there was no correlation of obesity status with uric acid level, but there was physical activity correlation with uric acid level ($p = 0,028$)

Keywords : Physical Activity, Obesity Status, Cholesterol Level, Uric Acid Level

