

Kebiasaan Makan Sebagai Faktor Risiko Kejadian Sindrom Metabolik pada Aparatur Sipil Negara (ASN) Pemerintah Kota Tegal

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ABSTRAK

Sindrom metabolik merupakan kumpulan gejala klinis yang menggambarkan gangguan metabolisme tubuh meliputi obesitas sentral, peningkatan kadar trigliserida, penurunan kadar *high density lipoprotein* (HDL) kolesterol, tekanan darah tinggi, peningkatan kadar glukosa darah dan resistensi insulin. Masa transisi epidemiologi, demografi, gizi dan pergeseran gaya hidup diduga berperan penting sebagai mata rantai terjadinya sindrom metabolik. Kejadian sindrom metabolik pada ASN Pemerintah Kota Tegal sebesar 26,95% dari total ASN yang mengikuti posbindu. Penelitian ini bertujuan menganalisis kebiasaan makan sebagai faktor risiko kejadian sindrom metabolik pada ASN Pemerintah Kota Tegal.

Jenis penelitian merupakan analitik observasional dengan rancangan studi kasus-kontrol perbandingan 1: 1 (*Matched Case Control*). Jumlah sampel sebanyak 70 orang terdiri atas 35 orang sampel kasus yaitu ASN yang mengalami sindrom metabolik dan 35 orang sampel kontrol yaitu ASN yang tidak mengalami sindrom metabolik, dengan teknik pengambilan *stratified random*. Data karakteristik responden dan indikator sindrom metabolik diperoleh melalui wawancara menggunakan kuesioner dan pengukuran sedangkan kebiasaan makan diperoleh melalui wawancara menggunakan FFQ. Uji statistik menggunakan uji *chi square* dengan derajat kepercayaan 95%.

Hasil penelitian menunjukkan kebiasaan makan makanan tinggi natrium (28,6%), tinggi lemak (75,7%), tinggi gula (57,1%), sering konsumsi makanan berpengawet (11,4%) dan sering konsumsi makanan siap saji (17,1%). Analisis statistik menunjukkan bahwa kebiasaan makan merupakan faktor risiko kejadian sindrom metabolik dengan p-value = 0,001, OR = 10,074, 95% CI = 2,596-39,11 (tinggi natrium), p-value = 0,026, OR = 4,58, 95% CI = 1,316- 15,932 (tinggi lemak), p-value = 0,002, OR = 5,712, 95% CI = 2.008-16,244 (tinggi gula), dan p-value = 0,026, OR = 6,600, 95% CI = 1,326-32,843 (makanan siap saji). Sedangkan kebiasaan makan makanan berpengawet bukan merupakan faktor risiko kejadian sindrom metabolik.

Kata kunci : Sindrom metabolik, makanan berisiko, Aparatur Sipil Negara (ASN)

Eating Habits as a Risk Factor The incidence of Metabolic Syndrome in the State Civil Apparatus of Tegal City Government

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ABSTRACT

Metabolic syndrome is a collection of clinical symptoms that describe metabolic disorders of the body include central obesity, elevated triglyceride levels, decreased levels of high density lipoprotein (HDL) cholesterol, high blood pressure, elevated blood glucose levels and insulin resistance. Epidemiological transition, demography, nutrition and lifestyle changes are thought to play an important role in the chain of metabolic syndrome. The incidence of metabolic syndrome in ASN Tegal City Government amounted to 26.95% of total ASN following posbindu. This study aims to analyze eating habits as a risk factor for the incidence of metabolic syndrome in ASN Tegal City Government

This was an observational analytical study with a 1: 1 comparison case-control (Matched Case Control) design. The number of samples were 70 people consisting of 35 case samples, namely ASN with metabolic syndrome and 35 control samples, namely ASN without metabolic syndrome, with stratified random sampling technique. Data on respondent characteristics and metabolic syndrome indicators were obtained through interviews using questionnaires and measurements while eating habits were obtained through interviews using FFQ. Statistical test using chi square test with 95% confidence degree.

The results showed high eating habits (28.6%), high fat (75.7%), high sugar (57.1%), frequent consumption of preserved foods (11.4%) and frequent consumption of fast food (17.1%). Statistical analysis showed that eating habits were a risk factor for the incidence of metabolic syndrome with p -value = 0.001, OR = 10.074, 95% CI = 2.596-39.11 (high sodium), p -value = 0.026, OR = 4.58, 95 % CI = 1,316- 15,932 (high fat), p -value = 0.002, OR = 5,712, 95% CI = 2.008-16,244 (high sugar), and p -value = 0.026, OR = 6,600, 95% CI = 1,326- 32,843 (fast food). While the habit of eating preserved foods is not a risk factor for the incidence of metabolic syndrome

Keywords : *metabolic syndrome, food at risk, State Civil Apparatus (ASN)*