

## HUBUNGAN TINGKAT AKTIVITAS FISIK DENGAN RASIO LINGKAR PINGGANG-TINGGI BADAN (RLPTB) PADA INDIVIDU DEWASA DENGAN BERAT BADAN BERLEBIH DI BANTUL, DAERAH ISTIMEWA YOGYAKARTA

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### INTISARI

**Latar belakang:** Keadaan berat badan berlebih (*overweight* dan obesitas) pada orang dewasa terutama obesitas sentral dapat berlanjut menjadi sindrom metabolik dan penyakit degeneratif. Tingkat aktivitas fisik merupakan salah satu faktor terjadinya berat badan berlebih. Adapun salah satu pengukuran antropometri yang dapat digunakan untuk melihat kejadian obesitas sentral adalah rasio lingkar pinggang-tinggi badan (RLPTB).

**Tujuan:** Mengetahui hubungan antara tingkat aktivitas fisik dengan rasio lingkar pinggang-tinggi badan (RLPTB) dan perbedaan tingkat aktivitas fisik serta RLPTB berdasarkan jenis kelamin pada individu dewasa dengan berat badan berlebih.

**Metode:** Penelitian kuantitatif berupa analitik observasional dengan rancangan penelitian *cross-sectional* pada 90 subjek usia dewasa (laki-laki=41 dan perempuan=49) usia 18-65 tahun. Penentuan RLPTB subjek dengan membagi hasil pengukuran lingkar pinggang dengan tinggi badan. Pengukuran tingkat aktivitas fisik menggunakan *International Physical Activity Questionnaire Short Form* (IPAQ-SF). Uji statistik yang digunakan yaitu uji korelasi *Chi-square* dan Pearson serta uji beda Mann Whitney dan *independent sample t-test*.

**Hasil:** Tidak terdapat hubungan yang signifikan antara tingkat aktivitas fisik dengan RLPTB ( $p = 0,501$ ;  $r = -0,11$ ). Tidak terdapat perbedaan secara signifikan antara tingkat aktivitas fisik laki-laki dan perempuan ( $p = 0,126$ ). Tidak terdapat perbedaan secara signifikan antara RLPTB laki-laki dan perempuan ( $p = 0,725$ ).

**Kesimpulan:** Tidak terdapat hubungan antara tingkat aktivitas fisik dengan RLPTB. Tidak terdapat perbedaan tingkat aktivitas fisik dan RLPTB berdasarkan jenis kelamin.

**Kata kunci:** aktivitas fisik, RLPTB, *overweight*, obesitas

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## THE CORRELATION BETWEEN PHYSICAL ACTIVITY LEVEL WITH WAIST TO HEIGHT RATIO (WHTR) IN OVERWEIGHT ADULT IN BANTUL, SPECIAL REGION OF YOGYAKARTA

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### ABSTRACT

**Background:** The condition of overweight and obese in adults, especially central obesity can lead someone into metabolic syndrome and degenerative diseases. The level of physical activity is one of the factor of central obesity. One of the anthropometric measurements that can be used to see the incidence of central obesity is waist to height ratio (WHTR).

**Objective:** This study aims to determine the correlation between physical activity level with waist to height ratio (WHTR) and the differences in physical activity level and WHTR by sex in overweight and obese adults.

**Methods:** Quantitative study in the form of observational analytic with cross sectional study in 90 adult subjects (male = 41, female = 49) age 18-65 year old. Determination of subject's WHTR by dividing the result of waist measurement by height. Physical activity level measurement using the International Physical Activity Questionnaire Short Form (IPAQ-SF). The statistical tests used were correlation test Chi square and Pearson also different test Mann Whitney and independent sample t-test

**Result:** There is no significant correlation between physical activity level with waist to height ratio (WHTR) ( $p = 0,501$ ;  $r = -0,11$ ). There is no significant difference between physical activity level of male and female ( $p = 0,126$ ). There is no significant difference between WHTR of male and female ( $p = 0,725$ ).

**Conclusion:** There is no significant correlation between physical activity level with waist to height ratio (WHTR). There is no significant difference in physical activity level and WHTR by sex.

**Keywords:** physical activity, WHTR, overweight, obese

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