

KEJADIAN SINDROM METABOLIK PADA PEGAWAI UNIVERSITAS GADJAH MADA: ANALISIS IMPLEMENTASI PROGRAM *MEDICAL CHECK UP* PEGAWAI TAHUN 2018–2023

Firsta Tiara Putriananda, Mutiara Tirta Prabandari Lintang Kusuma, Prima Dhewi Ratrikaningtyas

ABSTRAK

Latar Belakang: Pegawai di lingkungan universitas memiliki risiko lebih tinggi untuk mengalami sindrom metabolik (SM) karena aktivitas fisik tergolong rendah. Untuk mengatasi hal tersebut, UGM memiliki program *medical check up* (MCU) bagi pegawai sejak tahun 2006 dan terus dikembangkan hingga saat ini.

Tujuan: Penelitian ini menganalisis secara longitudinal program MCU pegawai UGM tahun 2018–2023 mencakup aspek sumber daya, pelaksanaan, dan luaran.

Metode: Penelitian deskriptif kualitatif dilakukan pada dua penyelenggara MCU pegawai UGM. Data dikumpulkan melalui wawancara mendalam dengan empat informan kunci, studi dokumen, dan jurnal reflektif. Data dianalisis secara tematik dan dipetakan dalam komponen sumber daya, proses, dan produk atau luaran dalam model evaluasi CIPP. Data hasil MCU pegawai UGM tahun 2018, 2021, dan 2023 dianalisis secara deskriptif untuk mendukung komponen luaran.

Hasil: Program MCU pegawai UGM mengalami perkembangan positif dari tahun 2018, 2021, dan 2023 tercermin dinamika sumber daya dan proses pelaksanaan. Perkembangan tersebut mengikuti perubahan terkait pengendalian penularan Covid-19 pada masa pandemi dan penyesuaian dengan program HPU UGM. Terkait luaran program, belum ada perubahan yang signifikan dalam hal partisipasi. Analisis statistik dilakukan pada 156 pegawai yang rutin MCU di GMC pada ketiga tahun pengamatan. Hasil menunjukkan partisipan berusia 39–61 tahun (rata-rata $42,78 \pm 2,29$ tahun), mayoritas laki-laki (57,1%) dan tenaga kependidikan (67,3%). Selama periode tersebut, kejadian sindrom metabolik (SM) tercatat 29,49% pada 2021, sedikit menurun menjadi 28,85% pada 2023. Kenaikan kasus obesitas dan dislipidemia atherogenik lebih tinggi pada 2018–2021 dibanding 2021–2023. Hipertensi meningkat signifikan pada 2021 dan stabil di 2023, sedangkan hiperglikemia naik tajam pada 2021 dan menurun pada 2023.

Kesimpulan: Telah terjadi pengembangan pada aspek sumber daya dan proses pelaksanaan program meskipun capaian luaran meliputi partisipasi dan pencegahan risiko SM masih belum optimal. Oleh karena itu, diperlukan penguatan pada program MCU pegawai UGM.

Kata kunci : MCU pegawai UGM; CIPP; Sindrom metabolik

**METABOLIC SYNDROME AMONG GADJAH MADA UNIVERSITY
EMPLOYEE: AN ANALYSIS OF THE IMPLEMENTATION OF EMPLOYEE
MEDICAL CHECK UP PROGRAM FROM 2018 TO 2023**

**Firsta Tiara Putriananda, Mutiara Tirta Prabandari Lintang Kusuma, Prima
Dhevi Ratrikaningtyas**

ABSTRACT

Background: *University employee are at higher risk of developing metabolic syndrome (MetS) due to low level of physical activity. UGM has implemented a medical check-up (MCU) program to adress this issue, which has been continuously developed.*

Objective: *This study conducts a longitudinal analysis of MCU program from 2018—2023, covering aspects of input, process, and product.*

Methods: *A descriptive qualitative study was conducted in two institutions for organizing MCU program. Data were collected by in-depth interviews with four key informants, document analysis, and reflective journal. Thematic analysis was conducted and the findings were organized within the framework of CIPP model evaluation. A descriptive analysis of MCU data from 2018, 2021, and 2023 was performed to complement the product component.*

Results: *The MCU program has undergone positive developments in 2018, 2021, and 2023, as reflected in changes in input and process. These developments were influenced by adjustments policies for controlling COVID-19 transmissions during pandemic and alignment with HPU UGM. However, program outcomes has not been a significant change in employee participation rates. Statistical analysis was conducted on 156 employees who consistently participated in MCU at GMC across the three observation years. The results showed that participants were aged 39—61 years (mean 42.78 ± 2.29 years), the majority is male (57.1%) and non-academic staff (67.3%). During the observation period, the prevalence of MetS was recorded at 29.49% in 2021, slightly decreasing to 28.85% in 2023. Increases cases of obesity and atherogenic dyslipidemia were higher in the period from 2018--2021 compared to 2021--2023. Hypertension rose significantly in 2021 and remained stable in 2023, while hyperglycemia increased sharply in 2021 and decreased in 2023.*

Conclusion: *There have been improvements in input and process processes, although outcomes such as participation rates and prevention of MetS risks remain suboptimal. Therefore, strengthening the MCU program necessary.*

Key words: MCU program; CIPP; Metabolic syndrome