

ABSTRAK

Latar belakang: *Social support* adalah bantuan yang akan membuat seseorang merasa nyaman secara fisik maupun psikis dalam menghadapi suatu stres. Kurangnya dukungan sosial dapat meningkatkan morbiditas dan mortalitas seseorang. Salah satu indikator performa kesehatan adalah *cardiac risk index* dan *body mass index*.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan *social support* dengan *Cardiac Risk Index* (CRI) dan *Body Mass Index* pada masyarakat di Kabupaten Sleman.

Metode: Penelitian ini menggunakan metode potong lintang (*cross sectional*). Populasi dan sampel penelitian ini adalah data subjek yang berdomisili di Sleman. Sampel penelitian ini berjumlah 63 orang. *Social support* diukur menggunakan *Sarason's Social Support Questionnaire*. Nilai *social support* dibagi menjadi *social support number* dan *social support satisfaction*. *Cardiac risk index* dinilai dari rasio LDL/HDL dalam serum darah subjek dan dibagi menjadi CRI yang rendah, sedang dan tinggi. Nilai BMI dibagi menjadi BMI kurus, normal, kegemukan dan obesitas. Data penelitian ini kemudian dianalisis dengan analisis bivariat korelasi *Pearson*.

Hasil: Rata-rata *social support number* adalah 2,75 dan *social support satisfaction* adalah 5,26. Hasil kategori CRI rendah, sedang, dan tinggi yaitu 36(57%), 26(41%), dan 1(2%). Hasil kategori BMI kurus, normal, kegemukan, dan obesitas yaitu 1(2%), 25(40%), 18(28%) dan 19(30%). Tidak terdapat hubungan signifikan *social support (number)* dan *cardiac risk index* ($p = 0,896$). Tidak terdapat hubungan signifikan *social support (satisfaction)* dan *cardiac risk index* ($p = 0,770$). Tidak terdapat hubungan signifikan *social support (number)* dan *body mass index* ($p = 0,793$). Tidak terdapat hubungan signifikan *social support (satisfaction)* dan *body mass index* ($p = 0,534$). Hubungan *cardiac risk index* dan *body mass index* adalah satu-satunya yang memiliki hubungan signifikan ($p = 0,032$), dengan kekuatan hubungan yang lemah ($r = 0,268$).

Simpulan: Tidak terdapat hubungan *social support* dengan *cardiac risk index* dan *body mass index*, tetapi terdapat hubungan signifikan *cardiac risk index* dan *body mass index*, dengan kekuatan hubungan yang lemah.

Kata kunci: *social support, cardiac risk index, body mass index, Sarason's Social Support Questionnaire*

ABSTRACT

Background: Social support can make a person feel comfortable physically and psychologically when facing pressure condition. Lack of social support can increase person's morbidity and mortality. Cardiac risk index and body mass index are indicators of health performance.

Objective: To determine correlation between social support with Cardiac Risk Index (CRI) and Body Mass Index (BMI) in the community in Sleman Regency.

Method: A cross-sectional study. The population and sample of this study were data on subjects domiciled in Sleman. The sample of this study was 63 people. Social support is measured using Sarason's Social Support Questionnaire. Social support values are divided into social support numbers and social support satisfaction. Cardiac risk index was assessed from the ratio of LDL/HDL in the subject's blood serum and divided into low, medium, and high. BMI values are divided into underweight, normal, overweight, and obese. The data of this study were analyzed by bivariate Pearson correlation analysis.

Result: The average social support number was 2,75 and the social support satisfaction was 5,26. The results of the CRI category low, moderate, and high were 36(57%), 26(41%), and 1(2%). The results of the BMI category underweight, normal, overweight, and obese were 1(2%), 25(40%), 18(28%), and 19(30%). There was no significant correlation between social support (number) and cardiac risk index ($p = 0,896$). There was no significant correlation between social support (satisfaction) and cardiac risk index ($p = 0,770$). There was no significant correlation between social support (number) and body mass index ($p = 0,793$). There was no significant correlation between social support (satisfaction) and body mass index ($p = 0,534$). There was weak significant correlation between cardiac risk index and body mass index ($p = 0,032$, $r = 0,268$).

Conclusion: There was no significant correlation between social support with cardiac risk index and body mass index, but there was weak significant correlation between cardiac risk index and body mass index.

Keywords: social support, cardiac risk index, body mass index, Sarason's Social Support Questionnaire