

## INTISARI

### Hubungan *Body Image* dengan Status Obesitas Berdasarkan Lingkaran Pinggang pada Mahasiswa Fakultas Kedokteran Universitas Gadjah Mada

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**Latar belakang:** Status obesitas dapat dinilai secara baik menggunakan lingkaran pinggang. Salah satu faktor penyebab sekaligus sebagai komponen pada program pencegahan dan *treatment* obesitas adalah *body image*.

**Tujuan:** Mengetahui hubungan *body image* dengan status obesitas berdasarkan lingkaran pinggang pada mahasiswa Fakultas Kedokteran UGM

**Metode:** Desain penelitian ini adalah *cross sectional*. Subjek penelitian ini adalah mahasiswa Fakultas Kedokteran UGM sebanyak 145 orang. *Body image* diukur dengan *contour drawing rating scale* (CDRS) dan obesitas diukur menggunakan lingkaran pinggang sesuai dengan metode *the international standards for anthropometric assessment* (ISAK, 2006). Analisis statistik untuk mengetahui hubungan antara *body image* dan status obesitas berdasarkan lingkaran pinggang menggunakan *ujichi square* dan untuk mengetahui pengaruh jenis kelamin (variabel perancu) terhadap hubungan antara keduanya menggunakan uji regresi logistik biner

**Hasil:** Ada hubungan antara *body image* dan status obesitas dengan nilai  $p=0,030$ . Berdasarkan hasil analisis regresi logistik diketahui bahwa variabel jenis kelamin berpengaruh pada hubungan antara *body image* dengan status obesitas ( $p<0,001$ ). Jika tidak puas terhadap *body image* dan berjenis kelamin laki-laki maka rasio obesitas akan naik 12 kali. Sedangkan jika perempuan dan tidak puas terhadap *body image* maka rasio obesitas menjadi 6 kali lebih besar dibandingkan yang puas. Meskipun demikian, ditemukan pula ketidakpuasan *body image* pada subjek yang tidak obesitas.

**Kesimpulan:** Terdapat hubungan yang signifikan antara *body image* dan status obesitas berdasarkan lingkaran pinggang pada mahasiswa Fakultas Kedokteran UGM. Ketidakpuasan *body image* akan meningkatkan kecenderungan obesitas.

**Kata kunci:** *body image*, obesitas, lingkaran pinggang, mahasiswa Fakultas Kedokteran

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## ABSTRACT

### Assosiation Between Body Image and Obesity Based on Waist Circumference of Students in Faculty of Medicine Universitas Gadjah Mada

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**Background:** Obesity status can be measured using waist circumference. One of contributing factor which is also as a component in prevention program and obesity treatment is body image.

**Objective:** the aim of this study was to examine the assosiation between body image and obesity status based on waist circumference of faculty of Medicine's students.

**Methods:** This research design was cross sectional. Subjects were 145 students of Faculty of Medicine Universitas GadjahMada. Body Image was measured using contour drawing rating scale (CDRS) and obesity was measured using waist circumference which measurement was taken based on the International Standards for Anthropometric Assessment (ISAK, 2006). Statistical analysis was performed using chi square test to find the assosiation between body image and obesity status based on waist circumference and the effect of gender (confounding variables) to assosiation between both of them use binary logistic regression analysis.

**Result:** There was an assosiation between body image and obesity status ( $p=0.030$ ). Logistic regression analysis showed that gender influenced the correlation between body image and obesity status ( $p<0.001$ ). If dissatisfied with body image and it males, obesity ratio will increase 12 times. While for females, if they are dissatisfied with body image, the ratio of obesity was likely six times bigger than satisfied ones. Meanwhile, the dissatisfaction body image was also found in subjects who are not obese.

**Conclusion:** There is a significant assosiation between body image and obesity status based on waist circumference in students of faculty of medicine Universitas GadjahMada. The dissatisfaction of body image increases the tendency of obesity

**Keywords:** body image, obesity, waist circumference, student of faculty of medicine

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