

HUBUNGAN ANTARA SEDENTARY LIFESTYLE DENGAN RISIKO SINDROM METBAOLIK PADA GURU SMA/SEDERAJAT DI KOTA YOGYAKARTA

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INTISARI

Latar Belakang: Tren obesitas sentral, resistensi insulin, hiperlipidemia, hiperinsulinemia, dan hipertensi semakin meningkat di dunia. Hal ini menyebabkan peningkatan kejadian sindrom metabolik di kalangan populasi dewasa. Perubahan gaya hidup dari *traditional lifestyle* menjadi *sedentary lifestyle* merupakan salah satu faktor penyebab meningkatnya kejadian sindrom metabolik.

Tujuan: Meneliti hubungan antara sedentary lifestyle dengan resiko sindrom metabolik pada guru SMA/ sederajat di Kota Yogyakarta.

Rancangan Penelitian: Penelitian observasional dengan rancangan penelitian *cross-sectional* dengan subjek penelitian sebanyak 98 orang. Teknik cluster sampling digunakan untuk menentukan SMA yang akan menjadi subjek penelitian. Teknik purposive sampling digunakan untuk menentukan subjek sesuai dengan kriteria inklusi dan eksklusi. Data sindrom metabolik terdiri dari lima komponen, diantaranya trigliserida diukur menggunakan metode GPO-PAP, kolesterol HDL diukur menggunakan metode CHOD-PAP, glukosa darah puasa diukur menggunakan metode GOD-PAP, lingkar pinggang diukur menggunakan pita *medline*, dan tekanan darah menggunakan *sphygmomanometer*. Data *sedentary lifestyle* diukur menggunakan *Sedentary Behavior Questionnaire* (SBQ) yang telah dimodifikasi. Data aktivitas fisik diukur menggunakan International Physical Activity Questionnaire (IPAQ). Uji hipotesis menggunakan *chi-square/Fisher* dengan tingkat kepercayaan 95%. Uji *Mantel-Haenszel* untuk mengidentifikasi variabel perancu.

Hasil Penelitian: Prevalensi sindrom metabolik pada guru SMA/ sederajat di Kota Yogyakarta adalah 17,3%. Sindrom metabolik lebih banyak dialami oleh perempuan (70,6%) daripada laki-laki (29,4%). Secara statistik tidak terdapat hubungan bermakna antara *sedentary lifestyle* dengan resiko sindrom metabolik $p=0,750$ (95% IK: 0,45-4.39; OR: 1,41). Jenis kelamin merupakan variabel perancu dengan nilai $p=0,041$, sedangkan umur ($p=0,489$) dan aktivitas fisik (0,806) bukan merupakan variabel perancu.

Kesimpulan: Tidak ada hubungan antara *sedentary lifestyle* dengan resiko sindrom metabolik pada guru SMA/ sederajat di Kota Yogyakarta.

Kata Kunci: Sindrom metabolik, *sedentary lifestyle*, guru

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**ASSOCIATION BETWEEN SEDENTARY LIFESTYLE WITH RISK OF
METABOLIC SYNDROM IN HIGH SCHOOL TEACHERS
IN YOGYAKARTA CITY**

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ABSTRACT

Background: Central obesity trends, insulin resistance, hyperlipidemia, hyperglycemia, and hypertension was increasing in the world. It's lead to increase the incidence of metabolic syndrome among adult populations. The change of lifestyle from traditional lifestyle to sedentary lifestyle is one of the factors causing the increase of the incidence of metabolic syndrome.

Objective: The aim was to examine the relationship between sedentary lifestyle with risk of metabolic syndrome in high school teachers in Yogyakarta city.

Study Design: An observational study with cross-sectional study design with 98 subjects. The cluster sampling technique is used to determine high school which can be a subject in the study. The purposive sampling technique used to determine the subject according to the inclusion and exclusion criteria. The data of metabolic syndrome includes five components, that's triglyceride levels using GPO-PAP method, HDL cholesterol using CHOD-PAP method, fasting blood glucose using GOD-PAP method, waist circumference measured using medline and blood pressure measured using sphygmomanometer. The sedentary lifestyle data was measured using the modified Sedentary Behavior Questionnaire (SBQ). Physical activity data measured using the International Physical Activity Questionnaire (IPAQ). Hypothesis test used is chi-square/Fisher with 95% confidence interval. The Mantel-Haenszel test used to identify confounding variables.

Result: The prevalence of metabolic syndrome in high school teachers in Yogyakarta is 17.3%. Metabolic syndrome is more common in women (70.6%) than in males (29.4%). There was no statistically significant association between sedentary lifestyle and risk of metabolic syndrome $p = 0,750$ (95% CI: 0,45-4,39; OR: 1,41). Gender is a confounding variable with p value = 0.041, while age ($p = 0,489$) and physical activity (0,806) is not confounding variable.

Conclusion: There is no relationship between sedentary lifestyle and risk of metabolic syndrome in high school teachers in Yogyakarta city.

Keywords: Metabolic syndrome, sedentary lifestyle, teacher

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