

ABSTRACT

THE RELATION BETWEEN CENTRAL OBESITY WITH POSTPRANDIAL BLOOD GLUCOSE ON ADULT MALE EMPLOYEES IN LAMPUNG UNIVERSITY

By

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Background: Type 2 diabetes patients as much as 80% are overweight (obese). The obesity rate in Lampung province is 8.7%. The lowest prevalence of central obesity is 2.2% in North Lampung and 35.9% is highest in Metro city. Obesity causes changes in body cells to become resistant to the hormone insulin, so that blood levels increase. The effect of it is that insulin-producing cells work harder and become gradually damaged, these is the reason that causes an increase in the number of diabetics. The purpose of this study to determine the relations of central obesity to postprandial blood glucose levels in adult male employees in Lampung University.

Methods: This research used cross sectional approach. The sample of this research is all male employees of Lampung University with age of 26-45 years determined by consecutive sampling. There are 65 respondents who like to check postprandial blood glucose levels. The data were analysed by using Chi-Square test.

Results: Most of the respondents had abnormal postprandial blood glucose levels (67.7%) than respondents who had normal postprandial blood glucose levels (32.3%). Based on bivariate analysis with Chi-square test, the relation of central obesity and postprandial blood glucose levels in male adult employees in Lampung University with p value of 0.001.

Conclusion: There is a relations between central obesity in adult male employees and postprandial blood glucose levels at Lampung University..

Keywords: Central obesity, Postprandial blood glucose

ABSTRAK

HUBUNGAN OBESITAS SENTRAL TERHADAP KADAR GULA DARAH POSTPRANDIAL PADA PEGAWAI LAKI-LAKI DEWASA DI LINGKUNGAN KERJA UNIVERSITAS LAMPUNG

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Latar belakang: Penderita diabetes type 2 sebanyak 80% mengalami kelebihan berat badan (obesitas). Angka obesitas di provinsi Lampung sebesar 8,7%. Prevalensi obesitas sentral terendah 2,2% di Lampung Utara dan tertinggi 35,9% di kota Metro. Obesitas menyebabkan perubahan sel tubuh menjadi resisten terhadap hormon insulin, sehingga kadar darah meningkat. Dampaknya sel –sel penghasil insulin bekerja lebih keras dan menjadi rusak secara bertahap, hal inilah yang menyebabkan peningkatan jumlah penderita diabetes. Tujuan penelitian ini untuk mengetahui hubungan obesitas sentral terhadap kadar gula darah postprandial pada laki-laki dewasa di lingkungan kerja Universitas Lampung.

Metode penelitian: Penelitian ini menggunakan pendekatan *cross sectional*. Sampel penelitian adalah seluruh pegawai laki-laki dewasa di lingkungan kerja Universitas Lampung dengan usia 26-45 tahun yang ditentukan dengan *consecutive sampling*. Jumlah sampel 65 responden, analisis data menggunakan uji *Chi-Square*.

Hasil penelitian: Analisis statistik menunjukkan bahwa sebagian besar responden mengalami obesitas sentral 55,4% dan memiliki kadar gula darah postprandial yang tidak normal (≥ 140 mg/dl) sebanyak 67,7%. Berdasarkan analisis uji *Chi-square* didapatkan hubungan obesitas sentral terhadap kadar gula darah postprandial pada pegawai laki-laki dewasa di lingkungan Universitas Lampung dengan nilai $p= 0,001$.

Kesimpulan: Terdapat hubungan bermakna antara obesitas sentral pada pegawai laki-laki dewasa terhadap kadar gula darah postprandial di Universitas Lampung.

Kata kunci: Obesitas sentral, kadar gula darah postprandial.