

ABSTRACT

THE RELATION BETWEEN OBESITY AND THE RISK OF OBSTRUCTIVE SLEEP APNEA ON MALE CIVIL SERVANT AT LAMPUNG UNIVERSITY IN 2017

By

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Background: Obesity is a pathological condition, there is excess fat deposits than necessary for body functions. Obesity is one of the risk factors for obstructive sleep apnea. The purpose of this study was to examine the relationship between obesity and risk of obstructive sleep apnea in male civil servants within the University of Lampung in 2017.

Method: This research use observational analytic method with cross sectional approach. The study was conducted in November December 2017. The population in this study were male civil servants in Lampung University as many as 200 respondents, in which the researcher determined 100 samples studied with risk factor (obesity) and 100 samples without risk factor. Samples were taken by consecutive sampling technique.

Results: The results showed most of the most respondents in the age group 30-40 years that is as much as 53%. Based on univariate analysis result from 200 responden there are 71 responders risk OSA. The result of bivariate analysis obtained chi square test value $p = 0,000$. Based on the result of chi square test then H_0 is rejected and H_a accepted because $p < \text{value of } \alpha = 0,05$.

Conclusion: There is an obesity relationship with obstructive sleep apnea in male civil servants within the University of Lampung in 2017. Obese people 4.6 times more at risk of obstructive sleep apnea than those who are not obese.

Keywords: obesity, obstructive sleep apnea

ABSTRAK

HUBUNGAN OBESITAS DENGAN RISIKO *OBSTRUCTIVE SLEEP APNEA* PADA PEGAWAI NEGERI SIPIL LAKI-LAKI DI LINGKUNGAN UNIVERSITAS LAMPUNG TAHUN 2017

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Latar Belakang: Obesitas merupakan suatu keadaan yang patologis, terjadi timbunan lemak yang berlebih dibandingkan yang diperlukan untuk fungsi tubuh. Obesitas merupakan salah satu faktor risiko terjadinya *obstructive sleep apnea*. Tujuan penelitian ini adalah Mengetahui hubungan antara obesitas dengan risiko *obstructive sleep apnea* pada pegawai negeri sipil laki-laki di lingkungan Universitas Lampung tahun 2017.

Metode: Penelitian ini menggunakan metode analitik observasional dengan pendekatan *cross sectional*. Penelitian dilakukan pada bulan November Desember 2017. Populasi dalam penelitian adalah pegawai negeri sipil laki-laki di lingkungan Universitas Lampung sebanyak 200 responden, dimana peneliti menetapkan 100 sampel diteliti dengan faktor risiko (obesitas) dan 100 sampel tanpa faktor risiko. Sampel diambil dengan teknik *consecutive sampling*.

Hasil: Hasil penelitian menunjukkan sebagian besar responden paling banyak pada kelompok usia 30-40 tahun yaitu sebanyak 53%. Berdasarkan hasil analisis univariat dari 200 responden terdapat 71 responden berisiko OSA. Hasil analisis bivariat didapatkan hasil uji *chi square* nilai $p = 0,000$. Berdasarkan hasil uji *chi square* tersebut maka H_0 ditolak dan H_a diterima karena $p < \text{nilai } \alpha = 0,05$.

Kesimpulan: Terdapat hubungan obesitas dengan *obstructive sleep apnea* pada pegawai negeri sipil laki-laki di lingkungan Universitas Lampung tahun 2017. Orang yang obesitas 4,6 kali lebih berisiko *obstructive sleep apnea* dibandingkan yang tidak obesitas.

Kata Kunci : obesitas, *obstructive sleep apnea*