ABSTRACT

THE COMPARISON OF BLOOD GLUCOSE LEVEL ON APPLE-SHAPED OBESITY AND PEAR-SHAPED OBESITY IN CIVIL SERVANT AT VILLAGE OFFICE SUB-DISTRICT TANJUNG KARANG PUSAT BANDAR LAMPUNG CITY

BY
NOVITA DWISWARA PUTRI

Obesity is a condition which the accumulation of excessive fat tissue can occur throughout the body or localized to specific body parts. Both apple-shaped obesity and pear-shaped obesity have the same risk of metabolic and cardiovascular diseases.

This study aims to determine a significant ratio between the average of blood glucose levels of apple-shaped obesity and pear-shaped obesity.

This study uses comparative analytical method with cross-sectional approach. This research was conducted at Village Office Sub-District Tanjung Karang Pusat Bandarlampung city and Clinical Pathology Laboratory of Rumah Sakit Abdoel Moeloek Bandarlampung in October-November 2014. The population in this study is the village office employees that qualified to the criteria for apple-shaped obesity and pear-shaped obesity. Samples were taken with consecutive sampling technique with total of the samples are 60 samples.

The results showed the average blood glucose levels of apple-shaped obesity was 108.86 mg/dl, while the pear-shaped obesity is 101.03 mg/dl with a difference of 7.83 mg/dl. There is a significant correlation between blood glucose levels and types of obesity with p value of 0.001 and correlation coefficient of 0.562. There is a significant difference of average blood glucose level in apple-shaped obesity and pear-shaped obesity with p value of 0.019.

Keyword: apple-shaped obesity, obesity, pear-shaped obesity, blood glucose