

ABSTRAK

HUBUNGAN ASUPAN SERAT, LEMAK JENUH, LEMAK TIDAK JENUH, DAN RASIO KONSUMSI LEMAK TIDAK JENUH-JENUH DENGAN PERSEN LEMAK TUBUH PADA PETUGAS KEAMANAN DI UNIVERSITAS JENDERAL SOEDIRMAN

Latar Belakang : Petugas keamanan memiliki sistem kerja *shift* pagi dan malam yang memungkinkan mengalami gangguan makan dan kesehatan seperti obesitas. Penelitian ini bertujuan untuk mengetahui hubungan antara asupan serat, lemak jenuh, lemak tidak jenuh dan rasio konsumsi lemak tidak jenuh-jenuh dengan persen lemak tubuh pada petugas keamanan di Universitas Jenderal Soedirman

Metodologi : Desain pada penelitian ini *cross sectional*. Teknik penentuan sampel dengan *Simple Random Sampling* dengan kriteria tertentu. Total responden 79 petugas keamanan di Universitas Jenderal Soedirman. Variabel yang diteliti meliputi persen lemak tubuh dan asupan makan (Serat, *Saturated fatty acid*, *Monounsaturated fatty acid*, dan *Polyunsaturated fatty acids*). Instrumen penelitian terdiri dari *Bioelectrical Impedance Analysis* dan kuesioner *Food Recall 2x24 jam*. Data dianalisa dengan Uji *Spearman* ($p < 0,05$)

Hasil Penelitian : Seluruh responden adalah laki-laki (100%), mayoritas berusia 36-46 tahun (55,7%) dan berpendidikan terakhir SMA/Sederajat (68%). Sebagian besar tidak memiliki riwayat penyakit (98,7%), namun (40,5%) mengalami obesitas berdasarkan persen lemak tubuh. Analisis bivariat menunjukkan tidak ada hubungan signifikan antara asupan serat, lemak tidak jenuh (*MUFA* dan *PUFA*), serta rasio konsumsi lemak tidak jenuh-jenuh dengan persen lemak tubuh. Namun, terdapat hubungan signifikan antara asupan lemak jenuh dengan persen lemak tubuh ($P=0,07$; $r=0,30$; $R^2= 0,37$).

Kesimpulan : Terdapat hubungan yang signifikan antara asupan lemak jenuh dengan persen lemak tubuh dan tidak terdapat hubungan yang signifikan antara asupan serat, lemak tidak jenuh, dan rasio konsumsi lemak tidak jenuh-jenuh dengan persen lemak tubuh.

Kata kunci : Serat, lemak jenuh, lemak tidak jenuh, rasio konsumsi lemak tidak jenuh-jenuh, persen lemak tubuh, petugas keamanan

ABSTRACT

THE RELATIONSHIP BETWEEN FIBER INTAKE, SATURATED FAT, UNSATURATED FAT, AND UNSATURATED-SATURATED FAT CONSUMPTION RATIO WITH PERCENT BODY FAT IN SECURITY OFFICER AT JENDERAL SOEDIRMAN UNIVERSITY.

Background :Security officers have a morning and night shift work system that allows them to experience eating and health problems such as obesity. This study aims to determine the relationship between fiber intake, saturated fat, unsaturated fat and the ratio of unsaturated-saturated fat consumption with percent body fat in security officers at Jenderal Soedirman University.

Methodology :The design in this study was cross sectional. Sampling technique with Simple Random Sampling with certain criteria. Total respondents were 79 security officers at Jenderal Soedirman University. The variables studied included percent body fat and food intake (Fiber, Saturated fatty acids, Monounsaturated fatty acids, and Polyunsaturated fatty acids). The research instruments consisted of Bioelectrical Impedance Analysis and 2x24 hour Food Recall questionnaire. Data were analyzed with Spearman Test ($p < 0.05$).

Research Results :All respondents were male (100%), the majority were 36-46 years old (55,7%) and had a high school education (68%). Most had no history of disease (98,7%), but (40,5%) were obese based on percent body fat. Bivariate analysis showed no significant association between fiber intake, unsaturated fat (MUFA and PUFA), and unsaturated-saturated fat consumption ratio with percent body fat. However, there was a significant association between saturated fat intake and percent body fat ($P=0,07$; $r=0,30$; $R^2= 0,37$).

Conclusion :There was a significant association between saturated fat intake and percent body fat and no significant association between fiber intake, unsaturated fat, and unsaturated-saturated fat consumption ratio with percent body fat.

Keywords :Fiber, saturated fat, unsaturated fat, unsaturated-saturated fat ratio, percent body fat, Security officers