

## Abstrak

### STUDI PERBANDINGAN PREVALENSI DAN FAKTOR RISIKO OBESITAS PADA USIA DEWASA MUDA DI WILAYAH PERDESAAN DAN PERKOTAAN (Studi Di Kecamatan Purwojati Dan Purwokerto Selatan)

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**Latar Belakang:** Obesitas merupakan masalah kesehatan global dengan prevalensi meningkat, termasuk di Indonesia. Perbedaan lingkungan perdesaan dan perkotaan memengaruhi gaya hidup, pola makan, dan aktivitas fisik yang berkontribusi pada obesitas. Studi ini membandingkan prevalensi dan faktor risiko obesitas pada dewasa muda di kedua wilayah.

**Metode:** Penelitian cross-sectional dilakukan pada 208 responden, masing-masing 104 dari perdesaan (Desa Kaliputih, Desa Kaliurip) dan perkotaan (Kelurahan Teluk, Purwokerto Kulon). Sampel diambil dengan *cluster random sampling*. Status obesitas diukur dengan antropometri, adapun variabel bebas meliputi genetik, sosial ekonomi, pola makan, aktivitas fisik, dan stres, menggunakan kuesioner baku seperti FFQ, GPAQ, dan PSS-10. Analisis data dilakukan dengan uji univariat, bivariat, dan multivariat menggunakan SPSS.

**Hasil:** Prevalensi obesitas lebih tinggi di perkotaan (55,9%) dibandingkan perdesaan (42,2%). Di perdesaan, obesitas berhubungan dengan stres (POR 2,895; 95% CI: 1,112–7,539), pemanfaatan Posbindu (POR 0,360; 95% CI: 0,134–0,969), dan pola makan (POR 0,325; 95% CI: 0,132–0,805). Di perkotaan, faktor risiko utama adalah jenis kelamin perempuan (POR 4,859; 95% CI: 1,458–16,198), pola makan berisiko (POR 3,387; 95% CI: 1,377–8,332), dan aktivitas fisik rendah (POR 3,861; 95% CI: 1,517–9,826).

**Kesimpulan:** Perbedaan prevalensi menunjukkan perlunya intervensi berbasis komunitas yang berfokus pada pola makan sehat dan peningkatan aktivitas fisik untuk mencegah obesitas.

**Kata Kunci:** faktor Risiko, Obesitas, studi perbandingan, perdesaan, perkotaan, dewasa muda.

## Abstract

### COMPARATIVE STUDY OF THE PREVALENCE AND RISK FACTORS OF OBESITY IN YOUNG ADULTS IN RURAL AND URBAN AREAS (Study In Purwojati And South Purwokerto Districts)

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**Background:** Obesity is a global health issue with an increasing prevalence, including in Indonesia. Differences between rural and urban environments influence lifestyle, diet, and physical activity, contributing to obesity. This study compares the prevalence and risk factors of obesity among young adults in both areas.

**Methods:** A cross-sectional study was conducted on 208 respondents, with 104 from rural areas (Kaliputih and Kaliurip Villages) and 104 from urban areas (Teluk and Purwokerto Kulon Subdistricts). The sample was selected using cluster random sampling. Obesity status was measured through anthropometric assessments, while independent variables included genetic factors, socioeconomic status, diet, physical activity, and stress, assessed using standardized questionnaires such as FFQ, GPAQ, and PSS-10. Data analysis was performed using univariate, bivariate, and multivariate statistical tests with SPSS.

**Results:** The prevalence of obesity was higher in urban areas (55.9%) than in rural areas (42.2%). In rural areas, obesity was associated with stress (POR 2.895; 95% CI: 1.112–7.539), the utilization of Posbindu (integrated health post) services (POR 0.360; 95% CI: 0.134–0.969), and diet (POR 0.325; 95% CI: 0.132–0.805). In urban areas, key risk factors included being female (POR 4.859; 95% CI: 1.458–16.198), unhealthy diet (POR 3.387; 95% CI: 1.377–8.332), and low physical activity (POR 3.861; 95% CI: 1.517–9.826).

**Conclusion:** Differences in obesity prevalence indicate the need for community-based interventions focusing on healthy eating habits and increased physical activity to prevent

**Keywords:** Risk factors, Obesity, comparisonn, rural, urban, young adults.