

HUBUNGAN TRIGLISERIDA DAN KOLESTEROL TOTAL DENGAN INDEKS MASSA TUBUH DAN LINGKAR PERUT PADA PASIEN DIABETES MELITUS TIPE 2 OBES

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ABSTRAK

Diabetes melitus tipe 2 terjadi akibat beberapa faktor risiko seperti dislipidemia dan obesitas. Dislipidemia merupakan kelainan metabolisme lipid yang dapat menyebabkan peningkatan lipid darah seperti kadar trigliserida dan kolesterol total. Peningkatan lipid dalam darah terjadi akibat akumulasi lemak berlebih di jaringan adiposa yang menyebabkan peningkatan kadar asam lemak bebas pada keadaan obesitas. Diagnosis obesitas ditegakkan dengan cara menghitung indeks massa tubuh (IMT) dan lingkar perut. Tujuan penelitian ini adalah mengetahui korelasi trigliserida dan kolesterol total dengan indeks massa tubuh dan lingkar perut pada pasien DM tipe 2 obes. Penelitian ini merupakan penelitian analitik observasional dengan desain *cross sectional*. Sampel penelitian adalah 30 pasien DM tipe 2 pada PROLANIS periode Maret 2016 di Klinik Utama Amanda, Klinik Yos Sudarso dan Klinik dr. Shinta Wulan Sari di Purwokerto. Hasil uji korelasi *pearson* menunjukkan terdapat korelasi yang bermakna antara kolesterol total dengan lingkar perut ($p=0,027$; $r=0,403$). Hasil uji korelasi *Spearman* terdapat korelasi bermakna antara kadar trigliserida dengan IMT ($p=0,001$; $r=0,596$), trigliserida dengan lingkar perut ($p=0,012$; $r=0,454$) dan kolesterol total dengan IMT ($p=0,000$; $r=0,675$). Kesimpulan, kadar trigliserida dan kolesterol total berkorelasi dengan indeks massa tubuh dan lingkar perut pada pasien DM tipe 2 obes.

Kata kunci: Diabetes Melitus tipe 2, Trigliserida, Kolesterol Total, Indeks Massa Tubuh, Lingkar Perut

CORRELATION BETWEEN TRIGLYCERIDES AND TOTAL CHOLESTEROL WITH BODY MASS INDEX AND ABDOMINAL CIRCUMFERENCE IN PATIENTS WITH TYPE 2 DIABETES MELLITUS OBESE

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ABSTRACT

Diabetes mellitus type 2 due to multiple risk factors such as dyslipidemia and obesity. Dyslipidemia is a disorder of lipid metabolism that can lead to increased levels of blood lipids such as triglycerides and total cholesterol. Increased blood lipids caused by the accumulation of excess fat in adipose tissue which causes an increase in free fatty acid levels in the obese state. The diagnosis of obesity is established by calculating the body mass index (BMI) and abdominal circumference. The purpose of this study was to determine the correlation of triglycerides and total cholesterol with body mass index and abdominal circumference in patients with type 2 diabetes are obese. This research is an analytic observational with cross sectional design. The research sample using 30 patients with type 2 diabetes mellitus in PROLANIS period March 2016 at the Main Clinic Amanda, Yos Sudarso Clinic and Clinic dr. Wulan Sari Shinta in Purwokerto. Pearson correlation test results showed that there was significant correlation between total cholesterol with abdominal circumference ($p = 0.027$; $r = 0.403$). The results of Spearman correlation test there is significant correlation between the levels of triglycerides with a BMI ($p = 0.001$; $r = 0.596$), triglycerides with abdominal circumference ($p = 0.012$; $r = 0.454$) and total cholesterol with IMT ($p = 0.000$; $r = 0.675$). Conclusion, high levels of triglycerides and total cholesterol are correlated with body mass index and abdominal circumference in patients with type 2 diabetes are obese.

Keyword: *type 2 diabetes mellitus, triglycerides, total cholesterol, Body Mass Index, Abdominal Circumference*