

HUBUNGAN ANTARA ASUPAN MAKANAN DAN AKTIFITAS FISIK DENGAN PENURUNAN BERAT BADAN WANITA OBES PENERIMA FARMAKOTERAPI DI KLINIK OBESITAS SEMARANG 2007

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Obesitas atau kegemukan adalah ketidakseimbangan jumlah energi yang masuk dibanding dengan pengeluaran energi tubuh. Penelitian Himpunan Studi Obesitas Indonesia (HISOBI) mendapatkan angka prevalensi obesitas pada wanita (11,02%) lebih besar daripada pria (9,16%). Oleh sebab itu banyak penderita obes khususnya wanita berupaya menuangkan berat badan, salah satunya adalah dengan diet asupan makan dan aktifitas fisik. Tujuan dari penelitian ini adalah untuk mengetahui hubungan antara asupan makanan (lemak dan energi) dan aktifitas fisik dengan penurunan berat badan wanita obes penerima farmakoterapi di Klinik Obesitas Semarang tahun 2007. Penelitian ini merupakan penelitian penjelas dengan metode survei dan pendekatan *cross sectional*. Populasi berjumlah 90 orang dan jumlah sampel 50 orang yang diambil secara *purposive* menggunakan kriteria inklusi dan eksklusi. Asupan makanan (lemak dan energi) dan aktifitas fisik dilakukan dengan metode *recall* selama 1 hari.

Data berdistribusi tidak normal, sehingga uji statistik yang digunakan adalah korelasi *rank spearman*. Hasil penelitian menunjukkan bahwa semua responden mempunyai tingkat kecukupan energi kurang lebih 70% AKE (defisit) dengan rerata dan standar deviasi asupan energi sebesar 409 ± 219 kkal. 45 Responden mempunyai asupan lemak >25% (lebih) dengan rerata dan standar deviasi asupan lemak $20,1 \pm 13,8$ gram. setengah dari responden mempunyai aktifitas fisik dengan kategori ringan ($KM < 1,76$), dengan rerata dan standar deviasi $2964,9 \pm 569,9$ kkal. tidak ada hubungan antara asupan energi ($r_s = 0,44; p = 0,759$) dan lemak ($r_s = 0,100; p = 0,492$) dengan penurunan berat badan serta ada hubungan antara aktifitas fisik dengan penurunan berat badan ($r_s = 0,496; p = 0,000$)

Kata Kunci: Asupan Makanan, Aktifitas Fisik, Penurunan Berat Badan, Wanita Obes, Penerima Farmakoterapi

CORRELATION BETWEEN FOOD INTAKE, PHYSICAL ACTIVITIES AND WEIGHT LOSS ON OBESE FEMALES WHO RECEIVED PHARMACOTHERAPY AT OBESITY CLINIC SEMARANG

Obesitas or fatness is an imbalance between quantity of food intake and body's energy expenditures. In 2004, according to Himpunan Study Obesitas Indonesia (HISOBI), the prevalence of obese on female (11,02%) were higher than on men (9,16%). Obesity are related to a morbidity rate and undesirable physical performance, therefore awarness on body image and health enaurage obese or overweight women to lose their weight. the goal of this reseach was to investigate the correlation between energy, fat intake, physical activities and weight loss on obese femaleswho received pharmacotherapy at Obesity Clinic, Semarang 2007. This study was an explanatory reseach with survey methode and

cross sectional approach. 50 Subjects were chosen from 90 patients on that Clinic using purposive methode by inclusion and exclusion criteria. Data on energy, fat intake were collected by 24 hours food recall. As it was not possible to collect 24 hours food recall. Data on physical activity were collected by activity recall in a day. Data analysis was conducted by rank spearman correlation test as weight loss data was not normally distributed. The results of this research showd that all of the respondents had deficit energy intake (RDA kurang lebih 70%) with average of 409+219 Kcal a day. 45 Respondents had high percentage of fat intake compared total energy intake (>25%) with average of 20,1+1,8 gram.day. Half of the respondents had light physical activities (MR<1,76)with average of 2964,9+569,9 cal. There was no correlation between energy intake (rs=0,044;p=0,759), fat intake (rs=0,100;p=0,492) and weight loss. there was a correlation between physical activities and body weight loss (rs=0,496;p=0,000)

Keyword : Food Intake, Physical Activities, Weight Loss, Obese Female's, Pharmacotherapy