

ABSTRAK

Suku Dayak Hindu Budha Segandhu Indramayu adalah suatu kelompok komunitas lokal yang menetap di Desa Krimun, Kecamatan Losarang, Kabupaten Indramayu. Salah satu nilai dan ajaran Suku Dayak Hindu Budha Segandhu Indramayu adalah menghargai perempuan yang tidak diperbolehkan bekerja, memasak, membersihkan rumah dan kegiatan rumah tangga lainnya. Hal tersebut menyebabkan rendahnya aktifitas fisik wanita Suku Dayak Hindu Budha Segandhu yang merupakan salah satu faktor risiko terjadinya sindroma metabolik. Sindroma metabolik merupakan sekelompok faktor risiko penyakit jantung yang terdiri atas obesitas sentral, peningkatan kadar *trigliserida* (TG) dan gula darah puasa penurunan kadar kolesterol *high density lipoprotein* (HDL) dan hipertensi. Penelitian ini bertujuan untuk menggambarkan indikator sindroma metabolik pada wanita Suku Dayak Hindu Budha Segandhu Indramayu. Penelitian ini menggunakan metode deskriptif pada 77 orang yang memenuhi kriteria inklusi. Hasil penelitian menggambarkan tekanan darah 46% wanita Suku Dayak Hindu Budha Segandhu Indramayu termasuk kategori hipertensi stadium 1. Kadar gula darah sewaktu pada 63% wanita Suku Dayak Hindu Budha Segandhu Indramayu meningkat diatas normal. Kadar kolesterol total 50% wanita Suku Dayak Hindu Budha Segandhu Indramayu termasuk kategori pertengahan (200-239mg/dL). Lingkar pinggang 94% wanita Suku Dayak Hindu Budha Segandhu Indramayu termasuk kategori berisiko. Sebanyak 93% wanita Suku Dayak Hindu Budha Segandhu Indramayu mengalami peningkatan kadar gula darah sewaktu, kadar kolesterol total, lingkar pinggang berisiko sebagai indikator sindroma metabolik terdapat pada sebagian besar wanita Suku Dayak Hindu Budha Segandhu Indramayu berdasarkan indikator NCEP ATP III.

Kata Kunci: Suku Dayak Hindu Budha Segandhu Indramayu, Sindroma Metabolik

ABSTRACT

Hindu Buddhist Dayak Segandhu Indramayu is a group of local people who live in the Crimun Village, Losarang District, Indramayu Regency. One of the values and teachings of the Hindu Buddhist Dayak Segandhu Indramayu is the approval of women who are not permitted, the preparation, preparation of the house and other household activities. This causes the low physical activity of women of the Hindu Buddhist Dayak Segandhu tribe which is one of the factors that cause metabolic syndrome. Metabolic syndrome is a risk factor for heart disease consisting of central obesity, elevated levels of triglycerides (TG) and increased levels of fasting (GDP), decreased levels of high density lipoprotein (HDL) cholesterol and hypertension. This study discusses the risk factors for metabolic syndrome in women of Hindu Buddhist Dayak Segandhu Indramayu. This research uses descriptive method on 77 people who meet the blood pressure inclusion criteria of 46% of women of Hindu Hindu Dayak Segandhu Indramayu tribe including stage 1 hypertension category according to blood sugar levels in 63% of women of Hindu Hindu Dayak Segandhu Indramayu can increase normal sugar levels. Cholesterol 50% of the women of the Hindu Buddhist Dayak Segandhu Indramayu is in the middle category (200-239mg / dL). Waist circumference 94% of the women of the Hindu Buddhist Dayak Segandhu Indramayu are in the debt category. As many as 93% of the Hindu Buddhist Dayak Segandhu Indramayu women replace the syndrome based on indicators according to NCEP ATP III..

Keyword : *Hindu Buddhist Dayak Segandhu Indramayu, Metabolic Syndrome*