

ABSTRAK

Gaya hidup *sedentary* dan perilaku makan yang tidak baik merupakan penyebab penting terjadinya kelebihan berat badan yang dapat mengakibatkan peningkatan angka kejadian penyakit tidak menular seperti penyakit jantung, stroke, kanker, diabetes mellitus dan penyakit saluran pernafasan. Tujuan penelitian ini adalah untuk mengetahui hubungan aktivitas fisik dan pola makan dengan indeks massa tubuh dan lingkar pinggang.

Penelitian ini menggunakan metode *cross sectional*, data diperoleh dari pengisian *Global Physical Activity Questionnaire2* (GPAQ2) dan *recall* 24 jam konsumsi makanan individu serta pengukuran antropometri berupa indeks massa tubuh dan lingkar pinggang pada populasi mahasiswa Fakultas Kedokteran Universitas Islam Bandung angkatan 2010 yang diperoleh berdasarkan *total sampling* berjumlah 110 orang, data diolah menggunakan uji *Chi Square* dan *Rank Spearman*.

Hasil penelitian menunjukkan bahwa dari seluruh responden (110 orang) tidak terdapat hubungan yang bermakna antara aktivitas fisik berdasarkan aktivitas fisik ringan sedang serta berat dan pola makan berdasarkan asupan energi dan karbohidrat dengan indeks massa tubuh dan lingkar pinggang ($p\text{-value} > 0,05$), akan tetapi, untuk indeks massa tubuh memiliki hubungan yang bermakna dengan asupan protein ($p\text{-value} < 0,05$) dan lingkar pinggang memiliki hubungan yang bermakna dengan perilaku *sedentary* dan asupan lemak ($p\text{-value} < 0,05$).

Kesimpulan: Asupan protein dapat mempengaruhi perubahan indeks massa tubuh serta perilaku *sedentary* dan asupan lemak dapat mempengaruhi perubahan lingkar pinggang sehingga pengaturan konsumsi protein dan lemak serta perilaku *sedentary* yang baik memungkinkan penurunan faktor risiko penyakit tidak menular seperti penyakit jantung, stroke, kanker, diabetes mellitus dan penyakit saluran pernafasan.

Kata kunci : aktivitas fisik, indeks massa tubuh, lingkar pinggang, pola makan.

ABSTRACT

Sedentary lifestyle and bad eating habits is an important cause of obesity which can lead to an increase in the incidence of non-communicable diseases such as heart disease, stroke, cancer, diabetes and respiratory disease. The purpose of this study was to determine the relationship of physical activity and diet with body mass index and waist circumference.

This study used a cross-sectional method, the data obtained from the Global Physical Activity charging Questionnaire2 (GPAQ2) and 24-hour recall of individual food consumption and anthropometric measurements such as body mass index and waist circumference in a population of students of the Faculty of Medicine Bandung Islamic University class of 2010 were obtained based on the total sampling amounted to 110 people, the data was processed using Chi Square test and Spearman Rank.

The results showed that of all respondents (110 people) found no significant association between physical activity based physical activity as well as being light weight and diet based on energy and carbohydrate intake with body mass index and waist circumference ($p\text{-value} > 0.05$), however, for a body mass index has a significant association with the intake of protein ($p\text{-value} < 0.05$) and waist circumference significantly associated with sedentary activity and fat intake ($p\text{-value} < 0.05$).

Conclusions: Protein intake can affect changes in body mass index as well as fat intake and sedentary behavior can affect change in waist circumference so that regulation of the consumption of protein and fat as well as reduction of excessive sedentary behavior allows a reduction in risk factors for non-communicable diseases such as heart disease, stroke, cancer, diabetes mellitus and respiratory disease.

Keywords: body mass index, diet, physical activity, waist circumference.