

ABSTRAK

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Program Studi : Kedokteran Umum
Judul Skripsi : Korelasi Antara Lingkar Perut, Level Lemak Viseral, dan Persentase Lemak Tubuh terhadap Kadar Kolesterol Total pada Pasien *Medical Check-Up* Usia Produktif di Rumah Sakit YARSI Jakarta Pusat pada Bulan Juni–Desember 2025 dan Tinjauan Menurut Pandangan Islam

Latar Belakang:

Obesitas sentral berperan dalam gangguan metabolisme lipid yang meningkatkan kolesterol total dan risiko kardiovaskular. Lingkar perut, level lemak viseral, dan persentase lemak tubuh digunakan sebagai indikator penilaian risiko tersebut. Penelitian ini bertujuan menganalisis hubungan ketiga indikator dengan kadar kolesterol total pada pasien medical check-up usia produktif.

Metode:

Penelitian observasional analitik dengan desain cross-sectional pada 80 pasien MCU yang memenuhi kriteria inklusi. Lingkar perut diukur menggunakan pita ukur, sedangkan level lemak viseral dan persentase lemak tubuh menggunakan bioelectrical impedance analysis (BIA). Kadar kolesterol total diperoleh dari pemeriksaan laboratorium. Analisis menggunakan uji Kolmogorov–Smirnov dan korelasi Spearman.

Hasil:

Lingkar perut dengan mean 85,64 cm memiliki hubungan positif lemah dengan kolesterol total ($r = 0,269$; $p = 0,016$). Level lemak viseral dengan mean 10,01 menunjukkan hubungan positif sedang ($r = 0,316$; $p = 0,004$). Persentase lemak tubuh dengan mean 30,82% juga menunjukkan hubungan positif sedang ($r = 0,322$; $p = 0,004$). Kolesterol total memiliki mean 199,50 mg/dL, mendekati batas tinggi.

Simpulan:

Terdapat hubungan bermakna antara lingkar perut, level lemak viseral, dan persentase lemak tubuh dengan kadar kolesterol total. Akumulasi lemak viseral dan peningkatan persentase lemak tubuh merupakan indikator yang lebih sensitif terhadap risiko dislipidemia dibandingkan lingkar perut.

Kata Kunci: Lingkar perut; Level lemak viseral; Persentase lemak tubuh; Kolesterol total; Obesitas sentral.

ABSTRACT

Name : Muhammad Naufal Hilmi Arasy
Study Program : General Medicine
Thesis Title : *Correlation between Waist Circumference, Visceral Fat Level, and Body Fat Percentage with Total Cholesterol Levels in Productive-Age Medical Check-Up Patients at YARSI Hospital Central Jakarta during June–December 2025 and an Islamic Perspective*

Background:

Central obesity plays a significant role in lipid metabolism disorders, leading to increased total cholesterol levels and cardiovascular risk. Waist circumference, visceral fat level, and body fat percentage are commonly used indicators for assessing metabolic risk. This study aimed to analyze the correlation between these three indicators and total cholesterol levels among productive-age patients undergoing medical check-up.

Methods:

This study employed an analytic observational design with a cross-sectional approach involving 80 medical check-up patients who met the inclusion criteria. Waist circumference was measured using a measuring tape, while visceral fat level and body fat percentage were assessed using bioelectrical impedance analysis (BIA). Total cholesterol levels were obtained from laboratory examinations. Data analysis was performed using the Kolmogorov–Smirnov normality test and Spearman correlation test.

Results:

Waist circumference with a mean of 85.64 cm showed a weak positive correlation with total cholesterol ($r = 0.269$; $p = 0.016$). Visceral fat level with a mean of 10.01 demonstrated a moderate positive correlation ($r = 0.316$; $p = 0.004$). Body fat percentage with a mean of 30.82% also showed a moderate positive correlation ($r = 0.322$; $p = 0.004$). The mean total cholesterol level was 199.50 mg/dL, approaching the upper normal limit.

Conclusion:

There was a significant correlation between waist circumference, visceral fat level, and body fat percentage with total cholesterol levels. Accumulation of visceral fat and increased body fat percentage were more sensitive indicators of dyslipidemia risk compared to waist circumference.

Keywords: Waist circumference; Visceral fat level; Body fat percentage; Total cholesterol; Central obesity.