

ABSTRAK

Nama : Vionita Indah Amalia
Program Studi : Kedokteran
Judul Skripsi : Hubungan Pola Makan dengan Kejadian Sindrom Metabolik pada Lansia di Panti Werdha Yayasan Hajjah Hasmah Noor dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Sindrom metabolik merupakan masalah kesehatan yang sering terjadi pada lansia dan berhubungan erat dengan pola makan yang tidak seimbang. Lansia di panti werdha memiliki pola konsumsi yang relatif seragam, sehingga menarik untuk dikaji hubungannya dengan kejadian sindrom metabolik serta ditinjau dari kesesuaiannya dengan prinsip pola makan dalam perspektif Islam. Penelitian ini bertujuan menganalisis hubungan pola makan dengan kejadian sindrom metabolik pada lansia di Panti Werdha Yayasan Hajjah Hasmah Noor, Jakarta Utara.

Metodologi: Penelitian ini merupakan penelitian observasional dengan desain potong lintang (*cross-sectional*). Data pola makan diperoleh menggunakan kuesioner SQ-FFQ, sedangkan sindrom metabolik ditentukan melalui pengukuran lingkaran pinggang, tekanan darah, kadar glukosa darah puasa, dan profil lipid. Instrumen penelitian telah diuji validitas ($r \geq 0,3$) dan reliabilitas ($\alpha \geq 0,6$). Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* serta estimasi risiko *Odds Ratio* (OR).

Hasil: Prevalensi sindrom metabolik pada lansia sebesar 51,4%, dengan sebagian besar responden memiliki asupan gizi berlebih (60%). Terdapat hubungan signifikan antara pola makan dan kejadian sindrom metabolik ($p = 0,027$; $p < 0,05$), obesitas sentral ($p = 0,007$; $p < 0,05$), dan hipertensi ($p = 0,020$; $p < 0,05$). Hubungan pola makan dengan hiperglikemia ($p = 0,139$; $p > 0,05$) dan dislipidemia ($p = 0,383$; $p > 0,05$) tidak menunjukkan signifikansi statistik, meskipun secara deskriptif seluruh kasus hiperglikemia ditemukan pada kelompok dengan asupan gizi berlebih.

Kesimpulan: Pola makan berlebih berhubungan signifikan dengan kejadian sindrom metabolik pada lansia, terutama melalui obesitas sentral dan hipertensi. Oleh karena itu, diperlukan pengendalian pola makan lansia berdasarkan prinsip jumlah, jenis, dan jadwal makan (3J) serta nilai moderasi (*wasatiyyah*) dan larangan berlebih-lebihan (*isrāf*) sebagai upaya promotif dan preventif.

Kata kunci: Sindrom Metabolik, Pola Makan Lansia, Gizi Seimbang

ABSTRACT

Name : Vionita Indah Amalia
Study Program : Kedokteran
Thesis Title : *The Relationship between Dietary Patterns and the Incidence of Metabolic Syndrome among Elderly Residents at the Hajjah Hasmah Noor Foundation Nursing Home and Its Review from an Islamic Perspective*

Background: *Metabolic syndrome is a common health problem among the elderly and is closely associated with imbalanced dietary patterns. Elderly residents in nursing homes tend to have relatively uniform dietary intake, making this population important to study. This study aimed to analyze the relationship between dietary patterns and the incidence of metabolic syndrome among elderly residents of the Hajjah Hasmah Noor Foundation Nursing Home, North Jakarta, from an Islamic dietary perspective.*

Methodology: *This study employed an observational design with a cross-sectional approach. Dietary patterns were assessed using a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), while metabolic syndrome was determined through measurements of waist circumference, blood pressure, fasting blood glucose levels, and lipid profiles. The research instruments were tested for validity ($r \geq 0.3$) and reliability ($\alpha \geq 0.6$). Data analysis was conducted using univariate and bivariate analyses with the Chi-Square test and estimation of Odds Ratio (OR).*

Results: *The prevalence of metabolic syndrome among the elderly was 51.4%, with the majority of respondents having excessive dietary intake (60%). A significant association was found between dietary patterns and metabolic syndrome ($p = 0,027$; $p < 0,05$), central obesity ($p = 0,007$; $p < 0,05$), and hypertension ($p = 0,020$; $p < 0,05$). However, no significant associations were observed between dietary patterns and hyperglycemia ($p = 0,139$; $p > 0,05$) or dyslipidemia ($p = 0,383$; $p > 0,05$), although descriptively all cases of hyperglycemia occurred in the excessive intake group.*

Conclusion: *Excessive dietary patterns were significantly associated with the incidence of metabolic syndrome among the elderly, particularly through central obesity and hypertension. Therefore, dietary control based on the principles of meal quantity, type, and timing (3J), as well as Islamic values of moderation (wasatiyyah) and avoidance of excess (isrāf), is recommended as a promotive and preventive strategy.*

Keywords: *Metabolic Syndrome, Elderly Dietary Patterns, Balanced Nutrition*