

# Hubungan Gaya Hidup dengan Kejadian Sindrom Metabolik pada Wanita Usia ?15 Tahun di Indonesia (Analisis Data Riskesdas 2018) = Association Between Lifestyle and the Incidence of Metabolic Syndrome among Women Aged 15 Years in Indonesia (Analysis of the 2018 Riskesdas Data)

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## Abstrak

Sindrom metabolik atau sindrom X merupakan kondisi yang berpotensi meningkatkan risiko seseorang mengalami penyakit tidak menular. Berdasarkan data Riskesdas 2013, prevalensi sindrom metabolik di Indonesia mencapai 39% dan lebih banyak terjadi pada wanita. Gaya hidup berpotensi mempengaruhi terjadinya sindrom metabolik. Namun, penelitian terdahulu tentang hubungan gaya hidup yang meliputi aktivitas fisik, pola makan dan merokok terhadap sindrom metabolik menunjukkan hasil yang beragam. Selain itu, belum ada penelitian tentang sindrom metabolik spesifik pada populasi wanita di Indonesia. Penelitian ini bertujuan untuk mengetahui hubungan gaya hidup dengan kejadian sindrom metabolik pada wanita usia 15 tahun di Indonesia. Desain studi yang digunakan adalah *cross-sectional* dengan sumber data dari Riskesdas 2018. Hasil penelitian menunjukkan prevalensi sindrom metabolik pada wanita usia 15 tahun di Indonesia sebesar 37,6%. Umur berhubungan signifikan dengan kejadian sindrom metabolik pada wanita (PR=1,711; 95% CI=1,640-1,785; nilai P=0,001). Dalam penelitian ini, aktivitas fisik, merokok, konsumsi makanan manis, minuman manis, makanan berlemak, *soft drink*, buah, dan sayur tidak terbukti berhubungan secara statistik dengan sindrom metabolik. Karena tingginya prevalensi sindrom metabolik pada wanita di Indonesia, perlu untuk meningkatkan program skrining, seperti pengukuran lingkaran perut, tekanan darah, dan gula darah secara rutin. Selain itu, perlu untuk menerapkan gaya hidup sehat bagi wanita untuk mencegah terjadinya sindrom metabolik.

.....Metabolic syndrome or syndrome X is a condition that can increase a person's risk of developing non-communicable diseases. Based on Riskesdas 2013 data, the prevalence of metabolic syndrome in Indonesia reaches 39% and is more prevalent in women. Lifestyle has the potential to influence the incidence of metabolic syndrome. However, previous research on the relationship between lifestyle including physical activity, diet and smoking on metabolic syndrome has shown mixed results. In addition, there has been no research on specific metabolic syndrome in women in Indonesia. This study aims to determine the relationship between lifestyle and the incidence of metabolic syndrome in women aged 15 years in Indonesia. The study design used was cross-sectional with data sources from Riskesdas 2018. The results showed that the prevalence of metabolic syndrome in women aged 15 years in Indonesia was 37.6%. Age is significantly associated with the incidence of metabolic syndrome in women (PR=1.711; 95% CI=1.640-1.785; P=0.001). In this study, physical activity, smoking, consumption of sweet foods, sweet drinks, fatty foods, soft drinks, fruit and vegetables were not statistically proven to be associated with metabolic syndrome. Due to the high prevalence of metabolic syndrome among women in Indonesia, it is necessary to improve screening programs, such as routine measurements of abdominal circumference, blood pressure and blood sugar. In addition, it is necessary to adopt a healthy lifestyle for women to prevent metabolic syndrome.