

ABSTRAK

Latar Belakang : Salah satu masalah gizi remaja adalah gizi lebih akibat penimbunan lemak. Indeks Massa Tubuh (IMT) digunakan untuk memperkirakan kondisi kelebihan berat badan yang berkorelasi dengan massa lemak tubuh. *Overweight* adalah kondisi berat badan yang melebihi berat badan normal, yang berasal dari otot, tulang, lemak, dan air. *Overweight* cenderung terjadi bersamaan dengan dislipidemia. Dislipidemia merupakan ketidakseimbangan kadar lipid dalam darah. Peningkatan Indeks Massa Tubuh (IMT) berkaitan dengan penurunan kadar *High Density Lipoprotein* (HDL). Mahasiswa Jurusan TLM cenderung kurang melakukan aktivitas fisik dan kurang memperhatikan asupan makanan seperti gorengan, makanan cepat saji, sayur bersantan dan berminyak yang mengandung kadar lemak tinggi.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran kadar HDL pada Mahasiswa TLM Poltekkes Kemenkes Yogyakarta dengan IMT *overweight*.

Metode Penelitian : Penelitian ini merupakan penelitian deskriptif dengan desain penelitian *Cross Sectional*. Sampel penelitian adalah darah vena mahasiswa Jurusan Teknologi Laboratorium Medis Poltekkes Kemenkes Yogyakarta dengan IMT *overweight* sebanyak 30 sampel. Hasil uji dianalisis secara deskriptif.

Hasil Penelitian : Hasil dari penelitian menunjukkan bahwa mahasiswa TLM Poltekkes Kemenkes Yogyakarta dengan IMT *overweight* paling banyak berjenis kelamin perempuan dan berusia 18 tahun. Rerata IMT mahasiswa 23,871kg/m². Paling banyak kadar HDL rendah berjenis kelamin perempuan dengan rerata laki-laki 47,732mg/dL dan perempuan 50,596mg/dL.

Kesimpulan : Kesimpulan penelitian ini adalah mahasiswa TLM Poltekkes Kemenkes Yogyakarta dengan IMT *overweight* memiliki rerata IMT 23,871kg/m² dengan rerata kadar HDL laki-laki 47,732mg/dL dan perempuan 50,596mg/dL yang termasuk normal.

Kata Kunci : Indeks Massa Tubuh (IMT), *overweight*, *High Density Lipoprotein* (HDL).

ABSTRACT

Background : One of the nutritional problems in adolescents is over nutrition due to fat accumulation. Body Mass Index (BMI) is used to estimate the condition of being overweight which is correlated with body fat mass. Overweight is a condition of body weight that exceeds normal weight, which comes from muscle, bone, fat, and water. Overweight happening at the same time with dyslipidemia. Dyslipidemia is an imbalance of lipid levels in the blood. An increase in Body Mass Index (BMI) is associated with a decrease in High Density Lipoprotein (HDL) levels. TLM students tend to do less physical activity and pay less attention to food intake such as fried foods, fast food, coconut milk and oily vegetables which contain high levels of fat.

Purpose : The purpose of this study is to describe HDL levels in TLM students from the Health Polytechnic of the Ministry of Health in Yogyakarta with overweight BMI.

Methods : This research is a descriptive study with a cross sectional research design. The research sample was venous blood of students from the Department of Medical Laboratory Technology, Poltekkes, Ministry of Health, Yogyakarta, with a BMI of overweight as many as 30 samples. The test results were analyzed descriptively.

Result : The results of the study showed that the majority of TLM students from the Health Polytechnic of the Ministry of Health in Yogyakarta with an overweight BMI were female and aged 18 years. The average BMI of students is 23,871kg/m². Most of the low HDL levels were female with an average of 47.732mg/dL for males and 50,596mg/dL for females.

Conclusion : The conclusion of this study is that TLM students from the Health Polytechnic of the Ministry of Health of Yogyakarta with overweight BMI have an average BMI of 23.871kg/m² with an average HDL level of 47.732mg/dL for men and 50,596mg/dL for women, which is normal.

Keywords : Body Mass Index (BMI), overweight, High Density Lipoprotein (HDL).