ABSTRAK

Latar Belakang: Indeks Massa Tubuh merupakan indeks yang digunakan untuk mengukur status gizi, khususnya yang berkaitan dengan kekurangan dan kelebihan berat badan. Apabila seseorang mengalami peningkatan jumlah energi setiap hari dan diiringi dengan kurangnya aktivitas fisik maka dipastikan akan terjadi penimbunan lemak di dalam tubuh yang tentunya juga akan mempengaruhi nilai Indeks Massa Tubuh (IMT). Peningkatan IMT juga dapat mempengaruhi kadar kolesterol total dalam tubuh pada setiap individu. Kolesterol tinggi tidak hanya dirasakan orang tua saja, tetapi remaja sampai dewasa awal pun bisa mengalami hiperkolesterolemia.

Tujuan: Untuk mengetahui hubungan Indeks Massa Tubuh (IMT) *overweight* dengan kadar kolesterol total pada mahasiswa TLM Poltekkes Kemenkes Yogykarta

Metode Penelitian: Jenis penelitian yang digunakan dalam penelitian ini adalah observasional analitik dengan desain penelitian menggunakan *cross sectional.* Sampel yang digunakan berupa serum. Data primer dianalisis secara deskriptif dan statistik dengan uji normalitas data dan uji *Spearman Correlations*.

Hasil Penelitian: Hasil Penelitian ini menunjukkan hasil bahwa IMT *overweight* diperoleh nilai p (0,006) < 0,05 dan untuk kadar kolesterol total diperoleh p (0,226) > 0,05 yang berarti data hasil penelitian terdistribusi tidak normal. Hasil uji *Spearman Correlation* menunjukkan p (0,026) < 0,05 yang berarti ada hubungan antara Indeks Massa Tubuh (IMT) *overweight* dengan kadar kolesterol total. Akan tetapi memiliki koefisien korelasi yang lemah dengan nilai r = 0,401.

Kesimpulan: Ada hubungan antara Indeks Massa Tubuh (IMT) overweight dengan kadar kolesterol total.

Kata Kunci: Indeks Massa Tubuh, Kadar Kolesterol Total, *Overweight,* Mahasiswa TLM Poltekkes Kemenkes Yogyakarta.

ABSTRACT

Introduction: Body Mass Index is an index used to measure nutritional status, especially those that relate to underweight and overweight. If a person experiences an increase in the amount of energy every day and is accompanied by a lack of physical activity, it is certain that there will be accumulation of fat in the body which of course will also affect the value of Body Mass Index (BMI). An increase in BMI can also affect total cholesterol levels in the body in each individual. High cholesterol is not only felt by parents, but teenagers to early adulthood can experience hypercholesterolemia.

Objective: To determine the relationship between overweight Body Mass Index (BMI) and total cholesterol levels in TLM students from the Health Polytechnic of the Ministry of Health, Yogyakarta.

Methods: The type of research used in this research was analytic observational research design using cross sectional. The sample used in the form of serum. Primary data were analyzed descriptively and statistically with data normality test and Spearman Correlations test.

Results: The results of this study indicated that overweight BMI obtained p value (0.006) <0.05 and for total cholesterol levels obtained p (0.226)> 0.05, which mean the research data were not normally distributed. The results of the Spearman Correlation test showed p (0.026) <0.05, which mean that there was a relationship between overweight Body Mass Index (BMI) and total cholesterol levels. However, it had a weak correlation coefficient with a value of r = 0,401.

Conclusion: There was a relationship between overweight Body Mass Index (BMI) and total cholesterol levels.

Keywords: Body Mass Index, Total Cholesterol Level, Overweight, Yogyakarta Ministry of Health Polytechnic TLM student