

## ABSTRAK

**Latar Belakang :** Kasus obesitas sentral di Indonesia pada tahun 2013 adalah 26,6 %, lebih tinggi dari prevalensi tahun 2007 yaitu 18,8%. Obesitas sentral dapat disebabkan oleh beberapa faktor diantaranya adalah status ekonomi, status perkawinan, kebiasaan merokok, konsumsi minuman beralkohol, dan kondisi mental emosional.

**Tujuan :** Tujuan penelitian ini adalah untuk mengetahui hubungan antara konsumsi gorengan dan minuman berpemanis dengan kejadian obesitas sentral pada laki-laki dewasa di Kelurahan Wates, Kota Magelang.

**Metode :** Menggunakan pendekatan *cross sectional*. Populasi laki-laki dewasa berusia 45-54 tahun. Lokasi penelitian di Kelurahan Wates Kota Magelang. Teknik sampling dengan *simple random sampling* sebanyak 100 orang. Pengambilan data dengan kuesioner FFQ dan pengukuran lingkar pinggang. Analisis data menggunakan uji koefisien kontingensi. ( $\alpha=0,05$ )

**Hasil :** Responden di Kelurahan Wates Kota Magelang, paling banyak termasuk dalam kategori obesitas sentral yaitu sebesar 91%. Sedangkan 9% termasuk dalam kategori tidak obesitas. Ada hubungan antara konsumsi gorengan dan minuman berpemanis dengan kejadian obesitas sentral pada laki-laki dewasa di Kelurahan Wates, Kota Magelang, dengan nilai *p-value* 0,000 dan *p-value* 0,014.

**Kesimpulan :** Ada hubungan antara konsumsi gorengan dan minuman berpemanis dengan kejadian obesitas sentral pada laki-laki dewasa di Kelurahan Wates, Kota Magelang

**Kata Kunci :** Gorengan, Minuman Berpemanis, Obesitas Sentral

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## **THE CORELATION BETWEEN FRIED FOOD AND SWEET BEVERAGE CONSUMPTION WITH ABDOMINAL OBESITY IN ADULT MEN IN WATES VILLAGE, MAGELANG CITY**

### **ABSTRACT**

**Background :** Abdominal obesity in Indonesia at 2013 was 26.6%, higher than the prevalence in 2007 which was 18.8%. Central obesity can be caused by several factors including economic status, marital status, smoking habits, consumption of alcoholic drinks, and emotional mental condition.

**Objective :** The aim of this study was to determine the relationship between the consumption of fried foods and sweetened drinks with the incidence of abdominal obesity in adult men in Wates Village, Magelang City.

**Method :** Using a cross sectional approach. Population of adult males aged 45-54 years. The research location is in Wates Village, Magelang City. Sampling technique with simple random sampling of 100 people. Retrieval of data with the FFQ questionnaire and measuring waist circumference. Data analysis used the contingency coefficient test. ( $\alpha=0,05$ )

**Results :** Most of the respondents in the Wates Village, Magelang City, were included in the central obesity category, namely 91%. While 9% are included in the non-obese category. There is a relationship between the consumption of fried foods and sweetened drinks and the incidence of abdominal obesity in adult men in Wates Village, Magelang City, with a p-value of 0.000 and a p-value of 0.014.

**Conclusion :** There is a corelation between fried food and sweet beverage consumption with abdominal obesity in adult men in Wates Village, Magelang City.

**Keyword :** fried food, sweet beverage, central obesity