

INTISARI

Maria Putri Dyaning Widyastuti. Nim 3212063. Hubungan Kadar *Gamma Glutamil Transferase* (GGT) dan Triglisierida Pada Obesitas Sentral.

Latar belakang. Obesitas sentral merupakan kondisi kelebihan berat badan dengan hasil perhitungan $IMT \geq 25$ dan lingkaran perut untuk laki-laki ≥ 90 cm dan perempuan ≥ 80 cm. Obesitas sentral memiliki dampak buruk bagi kesehatan dan mengakibatkan perburukan kualitas hidup. Triglisierida digunakan sebagai parameter untuk mengukur lemak dalam tubuh. *Gamma Glutamil Transferase* (GGT) diketahui sebagai enzim yang berperan dalam kompensasi mekanisme antioksidan melawan stres oksidatif melalui proses degradasi ekstraseluler *glutathione* (GSH). Penelitian ini bertujuan untuk mengetahui hubungan antara kadar *Gamma Glutamil Transferase* (GGT) dan Triglisierida pada obesitas sentral.

Metode penelitian. Jenis penelitian ini adalah observasional dengan menggunakan pendekatan *Cross Sectional*. Subjek penelitian adalah 45 pasien *medical check up* di Prodia Tangerang yang memenuhi kriteria inklusi dan eksklusi. Pemeriksaan *Gamma Glutamil Transferase* (GGT) dan Triglisierida dikerjakan di Roche Cobas C311. Analisa data menggunakan uji korelasi *Rank Spearman* dengan bantuan program *Statistical Product and Service Solution* (SPSS).

Hasil penelitian. Setelah dilakukan penelitian terhadap 45 responden pasien MCU dengan obesitas sentral didapatkan nilai signifikansi yaitu sebesar $p=0,024$ dan *Correlation Coefficient* sebesar 0.337.

Kesimpulan. Hasil penelitian menunjukkan ada hubungan antara kadar *Gamma Glutamil Transferase* (GGT) dan triglisierida pada obesitas sentral.

Kata Kunci: Obesitas, GGT, Triglisierida

ABSTRACT

Maria Putri Dyaning Widyastuti. Nim 3212063. *Correlation between Gamma Glutamyl Transferase (GGT) and Triglyceride Level in Central Obesity.*

Background. Central obesity is an overweight condition with $BMI \geq 25$ and abdominal circumference for men ≥ 90 cm and women ≥ 80 cm. Central obesity has many adverse effects on health and worsening of quality of life. Triglycerides as a parameter to measure fat in the body. Gamma Glutamyl Transferase (GGT) is known as an enzyme that plays a role in compensating antioxidant mechanisms against oxidative stress through the extracellular degradation process of glutathione (GSH). The purpose of this research is to determine the correlation between Gamma Glutamyl Transferase (GGT) and Triglycerides in central obesity.

Methods. This type of research is observational using a cross sectional approach. The research subjects were 45 medical check-up patients at Prodia Tangerang who met the inclusion and exclusion criteria. Gamma Glutamyl Transferase (GGT) and Triglyceride examinations were carried out at Roche Cobas C311. Analysis of the data using the Spearman Rank correlation test with the help of the Statistical Product and Service Solution (SPSS) program.

Result. After conducting research on 45 respondents of MCU patients with central obesity, it was found that the significance value was $p = 0.024$ and the Correlation Coefficient was 0.337.

Conclusion. The results showed that there was a relationship between levels of Gamma Glutamyl Transferase (GGT) and triglycerides in central obesity.

Keywords: Obesity, GGT, Triglycerides