

ABSTRACT



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DETERMINANT FACTORS AFFECTING VISCERAL FAT AMONG ESA UNGGUL UNIVERSITY EMPLOYEES IN 2017

xi, VI Chapter, 82 Pages, 14 Pictures, 26 tables, 7 attachments

Background : Prevalence of obesity and abdominal obesity of male and female have increased 17,5% and 32,9% from 2007 to 2013. One of several factor that influence obesity is visceral fat. Many factors that can be influence of visceral fat, there are age, gender, smocking habit, physical activity, alcohol, food consumption, junk food, stress, genetic, some of hormones, and BMI.

Objective: To verify the influence factors of visceral fat in the Employees of Esa Unggul University in 2017.

Method: Design of this study used cross sectional study that involved 103 employees of Esa Unggul University that choosen with simple random sampling. All data were collected from interview with food recall questioner 3x24 hours, physical activity PAL questioner and anthropometric assesment. The result were analyzed by Rank Spearman Correlation test and Multivariate test.

Result : Result shows that 23% of responden have higher visceral fat composition (10-14), 14% responden with highest visceral fat composition (>14), 70% responden have overweight and higher body fat, 42% responden with high energy intake, 39% responden with high protein intake, 54% responden with high fat intake, 39% responden with high carbohydrate intake, 99% responden with lower fiber intake and 77% responden in low category of physical activity. The result show that age ($p=0,005$), marital status ($p=0,013$), BMI ($p=0,0001$), fat composition ($p=0,0001$), level of energy intake ($p=0,0001$), level of protein intake ($p=0,0001$), level of fat intake ($p=0,0001$), level of carbohydrate intake ($p=0,0001$), level of fiber intake ($p=0,0001$) have significant influence with visceral fat. Gender ($p=0,144$) and physical activity ($p=0,785$) have not significantly effected with visceral fat from statistics. Level of protein intake is the determinant factor to affecting visceral fat.

Conclusion: The influence factors of visceral fat on the Employees of Esa Unggul University are age, marital status, body fat composition, BMI, energy intake and macronutrition, and fiber intake. Employees of Esa Unggul University are advised to increase physical activity, increase intake of fiber and reduced caloric intake daily.

Bibliography : 69 (2000-2016)

Keywords: Visceral Fat, Employees, Body Fat, BMI