

HUBUNGAN ANTARA LEMAK VISERAL DAN FUNGSI KOGNITIF PADA MAHASISWA FAKULTAS KEDOKTERAN UPN “VETERAN” JAKARTA

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ABSTRAK

Pada pandemi COVID-19 terjadi perubahan gaya hidup mahasiswa yang memicu penumpukan lemak viseral. Penumpukan lemak viseral merupakan salah satu penyebab inflamasi sistemik yang berbahaya bagi integritas otak dan berpotensi menurunkan fungsi kognitif. Tujuan penelitian ini adalah untuk mengetahui hubungan antara lemak viseral dan fungsi kognitif pada mahasiswa kedokteran. Penelitian ini menggunakan desain *cross-sectional* pada 73 mahasiswa Fakultas Kedokteran UPN “Veteran” Jakarta yang memenuhi kriteria dan dipilih menggunakan teknik *simple random sampling*. Pengukuran lemak viseral menggunakan *Tanita Body Composition Analyzer (MC 980 Plus)*, sedangkan pengukuran fungsi kognitif menggunakan kuesioner *Digit Symbol Substitution Test*. Data dianalisis menggunakan uji Spearman, Chi-square, dan uji Mann-Whitney. Hasil penelitian menunjukkan terdapat perbedaan jenis kelamin dan IMT antara kelompok lemak viseral normal dan tinggi ($p < 0,05$). Tidak terdapat perbedaan karakteristik usia, konsumsi *junk food*, dan aktivitas fisik antar kelompok lemak visceral ($p > 0,05$). Hasil uji Spearman didapatkan hubungan antara lemak viseral dan fungsi kognitif ($p = 0,000$; $r = - 0,561$). Semakin tinggi lemak viseral, semakin rendah fungsi kognitif.

Kata Kunci: Fungsi Kognitif, Lemak Viseral, Mahasiswa Kedokteran

**RELATIONSHIP BETWEEN VISCERAL FAT AND COGNITIVE
FUNCTION AMONG MEDICAL STUDENTS OF THE FACULTY OF
MEDICINE UPN "VETERAN" JAKARTA**

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ABSTRACT

During COVID-19, there was a change in student lifestyle, which triggered visceral fat accumulation. The accumulation of visceral fat is one of the causes of systemic inflammation, which is dangerous for the integrity of the brain and can potentially reduce cognitive function. This study aimed to determine the relationship between visceral fat and cognitive function among medical students. This study used a cross-sectional design on 73 Faculty of Medicine UPN "Veteran" Jakarta students who met the criteria and were selected using a simple random sampling technique. Measurement of visceral fat used the Tanita Body Composition Analyzer (MC 980 Plus), while measures of cognitive function used a questionnaire Digit Symbol Substitution Test. Data were analyzed using the Spearman, Chi-square, and Mann-Whitney tests. The results showed that there were differences in sex and BMI characteristics between normal and high visceral fat groups ($p < 0.05$). There were no characteristic differences in age, consumption of junk food, and physical activity between the visceral fat groups ($p > 0.05$). Spearman test results showed a relationship between visceral fat and cognitive function ($p = 0.000$; $r = -0.561$). The higher the visceral fat, the lower the cognitive function.

Keywords: *Cognitive Function, Medical Student, Visceral Fat*