

**HUBUNGAN LEMAK VISERAL TERHADAP TINGKAT RISIKO  
OBSTRUCTIVE SLEEP APNEA PADA MAHASISWA FAKULTAS  
KEDOKTERAN UNIVERSITAS PEMBANGUNAN NASIONAL  
“VETERAN” JAKARTA TAHUN 2022**

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**Abstrak**

Pandemi COVID-19 menyebabkan terjadi perubahan gaya hidup mahasiswa yang memicu penumpukan lemak viseral. Penumpukan lemak viseral di sekitar faring, *trunk*, dan intraabdominal dapat menyebabkan kolaps jalan napas dan meningkatkan risiko *obstructive sleep apnea*. Tujuan penelitian ini adalah mengetahui hubungan lemak viseral terhadap tingkat risiko *obstructive sleep apnea* pada mahasiswa kedokteran. Penelitian menggunakan desain *cross-sectional* pada 55 mahasiswa Fakultas Kedokteran UPN “Veteran” Jakarta yang memenuhi kriteria dan dipilih menggunakan teknik *simple random sampling*. Pengukuran lemak viseral menggunakan Tanita *Body Composition Analyzer*, sedangkan pengukuran tingkat risiko *obstructive sleep apnea* menggunakan kuesioner STOP-BANG. Hasil penelitian menunjukkan terdapat perbedaan IMT antara kelompok lemak viseral normal dan tinggi ( $p \leq 0,05$ ). Tidak terdapat perbedaan usia, perilaku sedentari, dan kebiasaan makan antar kelompok lemak viseral ( $p > 0,05$ ). Hasil uji *Chi-Square exact* didapatkan hubungan yang signifikan antara lemak viseral dan tingkat risiko *obstructive sleep apnea* ( $p = 0,018$ ). Kesimpulan dari penelitian adalah terdapat hubungan yang signifikan antara lemak viseral dengan tingkat risiko *obstructive sleep apnea* pada mahasiswa kedokteran.

**Kata kunci:** lemak viseral, mahasiswa kedokteran, *obstructive sleep apnea*

**RELATIONSHIP BETWEEN VISCERAL FAT AND RISK OF  
OBSTRUCTIVE SLEEP APNEA AMONG MEDICAL STUDENTS IN  
FACULTY OF MEDICINE UNIVERSITY OF PEMBANGUNAN NASIONAL  
“VETERAN” JAKARTA 2022**

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***Abstract***

*The COVID-19 pandemic caused changes in student lifestyles, triggering visceral fat accumulation. Deposits of visceral fat around the pharynx, trunk, and intra-abdominal can cause airway collapse and increase the risk of obstructive sleep apnea. The purpose of this study was to determine the relationship between visceral fat and the risk of obstructive sleep apnea among medical students. This study used a cross-sectional design on 55 Faculty of Medicine UPN "Veteran" Jakarta students who met the criteria and were selected using a simple random sampling technique. Tanita Body Composition Analyzer was used to measure visceral fat, while the risk of obstructive sleep apnea was measured using the STOP-BANG questionnaire. There were differences in BMI between the normal and high visceral fat groups ( $p = 0.000$ ). There were no differences in age, sedentary behavior, and eating habits between the visceral fat groups ( $p > 0.05$ ). Chi-Square exact test results showed a significant relationship between visceral fat and the risk of obstructive sleep apnea ( $p = 0.018$ ). The conclusion of this study revealed a significant relationship between visceral fat and the risk of obstructive sleep apnea among medical students.*

**Keyword:** *medical students, obstructive sleep apnea, visceral fat*