

GAMBARAN *SARCOPENIC OBESITY* (SO) PADA MAHASISWA JURUSAN FISIOTERAPI FAKULTAS ILMU KESEHATAN UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

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Abstrak

Latar belakang: *Sarcopenic Obesity* (SO) adalah kondisi yang melibatkan massa otot skeletal rendah dan kadar lemak tubuh tinggi, meningkatkan risiko gangguan kardiovaskular dan metabolik. SO kini dikaitkan dengan remaja dan dewasa muda, akibat perubahan gaya hidup dan perilaku sedenter. **Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran prevalensi SO pada partisipan yang merupakan Mahasiswa Jurusan Fisioterapi Fakultas Ilmu Kesehatan Universitas Pembangunan Nasional “Veteran” Jakarta di UPN “Veteran” Jakarta, Gedung Medical Education and Research Centre (MeRCe) Lantai 8 Ruang Laboratorium 806. **Metode:** Penelitian deskriptif dengan desain potong lintang ini melibatkan 228 partisipan. Data dikumpulkan menggunakan *Body Composition Analyzer InBody 570* untuk *Skeletal Muscle Index* (SMI) dan *Percent Body Fat* (PBF). Variabel lain seperti usia, jenis kelamin, Indeks Massa Tubuh (IMT), dan tingkat lemak visceral juga dianalisis. **Hasil:** Prevalensi SO ditemukan pada hampir seperempat (24.1%) partisipan, dengan prevalensi lebih tinggi pada perempuan dan kelompok usia 17 – 19 tahun. Sebagian partisipan dengan SO lainnya memiliki IMT normal (33%), serta tingkat lemak visceral normal (30.3%). **Kesimpulan:** SO menjadi perhatian pada remaja usia muda karena dampaknya terhadap kesehatan. Upaya edukasi dan pencegahan, terutama di kalangan mahasiswa diperlukan untuk mengurangi risiko SO.

Kata Kunci: *Sarcopenic Obesity* (SO), Komposisi Tubuh, Remaja, Mahasiswa, Fisioterapi

OVERVIEW OF SARCOPENIC OBESITY (SO) IN PHYSIOTHERAPY DEPARTMENT STUDENTS, FACULTY OF HEALTH SCIENCES, UNIVERSITAS PEMBANGUNAN NASIONAL “VETERAN” JAKARTA

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Abstract

Background: Sarcopenic Obesity (SO) is a condition involving low skeletal muscle index and high body fat percent, increasing the risk of cardiovascular and metabolic disorders. SO is now associated with adolescents and young adults, due to changes in lifestyle and sedentary behavior. **Objective:** This study aims to determine the prevalence of SO in participants who are students of the Physiotherapy Department, Faculty of Health Sciences, Universitas Pembangunan Nasional “Veteran” Jakarta at UPN “Veteran” Jakarta, Medical Education and Research Center (MeRCe) Building, 8th Floor, Laboratory Room 806 **Method:** This descriptive study with a cross-sectional design involved 228 participants. Data were collected using the Body Composition Analyzer InBody 570 for Skeletal Muscle Index (SMI) and Percent Body Fat (PBF). Other variables such as age, gender, Body Mass Index (BMI), and visceral fat levels were also analyzed. **Results:** The prevalence of SO was found in almost a quarter of participants (24.1%), with a higher prevalence in women and the 17 – 19 year age group. Most participants with SO had normal BMI (33%) and normal visceral fat levels (30.3%). **Conclusion:** SO is a concern in young adolescents because of its impact on health. Education and prevention efforts, especially among students, are needed to reduce the risk of SO.

Keywords: Sarcopenic Obesity (SO), Body Composition, Adolescents, Students, Physiotherapy