

FAKTOR-FAKTOR RISIKO KEJADIAN OBESITAS PADA KELOMPOK USIA DEWASA DI DKI JAKARTA (ANALISIS DATA SKI 2023)

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ABSTRAK

Obesitas merupakan akumulasi lemak tubuh yang berlebihan akibat ketidakseimbangan antara asupan dan pengeluaran energi. Berdasarkan Survei Kesehatan Indonesia (SKI) tahun 2023, prevalensi obesitas di DKI Jakarta mencapai 31,8%, melebihi rata-rata nasional. Penelitian ini bertujuan untuk menganalisis faktor-faktor yang berhubungan dengan kejadian obesitas pada individu usia 19–44 tahun di DKI Jakarta. Penelitian menggunakan desain potong lintang dengan data SKI 2023 dan melibatkan 4.390 responden. Analisis dilakukan secara univariat, bivariat (uji *chi-square*), serta multivariat dengan regresi logistik berganda berbasis *complex samples*. Hasil analisis multivariat menunjukkan bahwa lingkar perut merupakan faktor paling dominan. Individu dengan lingkar perut tidak normal memiliki risiko obesitas yang secara signifikan lebih tinggi (AOR = 0,048; 95% CI: 0,033–0,069; $p < 0,001$). Aktivitas fisik rendah juga meningkatkan risiko obesitas (AOR = 1,561; 95% CI: 1,270–1,919; $p < 0,001$). Perokok aktif cenderung memiliki risiko obesitas yang lebih rendah dibandingkan yang tidak merokok (AOR = 0,529; 95% CI: 0,426–0,658; $p < 0,001$). Selain itu, konsumsi minuman manis dan minuman berenergi yang jarang juga berhubungan dengan penurunan risiko obesitas (masing-masing AOR = 0,617; $p = 0,004$ dan AOR = 0,545; $p = 0,004$). Berdasarkan temuan ini, lingkar perut perlu diprioritaskan sebagai indikator utama dalam deteksi dini dan pencegahan obesitas sentral. Intervensi kesehatan masyarakat sebaiknya difokuskan pada skrining rutin, edukasi, serta strategi perubahan perilaku untuk menjaga lingkar perut tetap normal melalui gaya hidup aktif dan pola makan seimbang.

Kata kunci : Aktivitas Fisik, DKI Jakarta, Faktor Risiko, Konsumsi Makanan Berisiko, Lingkar Perut, Obesitas.

RISK FACTORS ASSOCIATED WITH OBESITY AMONG ADULTS IN JAKARTA: ANALYSIS OF THE 2023 INDONESIAN HEALTH SURVEY (SKI)

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ABSTRACT

Obesity is the excessive accumulation of body fat resulting from an imbalance between energy intake and expenditure. According to the 2023 Indonesian Health Survey (SKI), the prevalence of obesity in DKI Jakarta reached 31.8%, exceeding the national average. This study aimed to analyze factors associated with obesity among individuals aged 19–44 years in DKI Jakarta. A cross-sectional design was employed using SKI 2023 data, involving a total of 4,390 respondents. Data were analyzed through univariate, bivariate (chi-square test), and multivariate analyses using complex sample-based multiple logistic regression. Multivariate analysis identified waist circumference as the most dominant factor. Individuals with abnormal waist circumference had a significantly higher risk of obesity (AOR = 0.048; 95% CI: 0.033–0.069; $p < 0.001$). Low physical activity was also associated with an increased risk (AOR = 1.561; 95% CI: 1.270–1.919; $p < 0.001$). Smoking showed a significant association, with active smokers having a lower risk of obesity compared to non-smokers (AOR = 0.529; 95% CI: 0.426–0.658; $p < 0.001$). Moreover, infrequent consumption of sugary drinks (AOR = 0.617; $p = 0.004$) and energy drinks (AOR = 0.545; $p = 0.004$) was associated with a lower risk of obesity. Based on these findings, waist circumference should be prioritized as a key indicator for early detection and prevention of central obesity. Public health interventions should focus on regular screening, education, and behavioral strategies to maintain a healthy waist circumference through active lifestyles and balanced nutrition.

Keywords: DKI Jakarta, High-Risk Food Consumption, Obesity, Physical Activity, Risk Factors, Waist Circumference.