

## ABSTRAK

AYU SAFITRI

### HUBUNGAN KEBIASAAN KONSUMSI MAKANAN TINGGI KARBOHIDRAT DAN BERLEMAK DENGAN KEJADIAN OBESITAS SENTRAL PADA WANITA DEWASA AKHIR

(Studi di Kelurahan Tuguraja Wilayah Kerja UPTD Puskesmas Cihideung Kota Tasikmalaya Tahun 2025)

Obesitas sentral merupakan kondisi penumpukan lemak di area perut yang berkaitan erat dengan pola konsumsi makanan, terutama makanan tinggi karbohidrat dan berlemak. Angka kejadian obesitas sentral cenderung meningkat pada wanita usia dewasa akhir. Tujuan penelitian ini untuk menganalisis hubungan antara kebiasaan konsumsi makanan tinggi karbohidrat dan berlemak dengan kejadian obesitas sentral pada wanita dewasa akhir di Kelurahan Tuguraja wilayah kerja UPTD Puskesmas Cihideung Kota Tasikmalaya tahun 2025. Penelitian ini menggunakan desain *cross sectional* dengan jumlah sampel sebanyak 95 wanita usia 36–45 tahun, yang diperoleh melalui metode *quota sampling* di RW 001, 002, 009, 014, dan 015 Kelurahan Tuguraja, Kecamatan Cihideung. Instrumen penelitian meliputi kuesioner identitas responden, kuesioner *Semi Quantitative-Food Frequency Questionnaire* (SQ-FFQ), *waist ruler* untuk mengukur lingkar perut, serta buku foto makanan sebagai alat bantu estimasi porsi. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Chi-Square* dan *Spearman Rank*. Hasil penelitian menunjukkan bahwa ada hubungan antara kebiasaan konsumsi makanan berlemak dengan kejadian obesitas sentral ( $p\text{-value} = 0,021$ ). Sementara itu, tidak ada hubungan antara kebiasaan konsumsi makanan tinggi karbohidrat dengan kejadian obesitas sentral ( $p\text{-value} = 0,206$ ) pada wanita dewasa akhir di Kelurahan Tuguraja wilayah kerja UPTD Puskesmas Cihideung Kota Tasikmalaya tahun 2025. Responden diharapkan lebih memperhatikan pola makan sehari-hari, khususnya dengan membatasi konsumsi makanan tinggi karbohidrat dan berlemak, serta menerapkan gaya hidup sehat agar dapat mencegah terjadinya obesitas sentral.

**Kata kunci:** karbohidrat, konsumsi, lemak, obesitas sentral, wanita dewasa akhir

**FACULTY OF HEALTH SCIENCES  
SILIWANGI UNIVERSITY  
TASIKMALAYA  
NUTRITION STUDY PROGRAM  
2025**

**ABSTRACT**

**AYU SAFITRI**

**THE RELATIONSHIP BETWEEN THE HABITUAL CONSUMPTION OF  
HIGH-CARBOHYDRATE AND HIGH-FAT FOODS WITH INCIDENCE  
OF CENTRAL OBESITY IN LATE ADULT WOMEN**

**(Study in Tuguraja Subdistrict Working Area of UPTD Cihideung Public  
Health Center Tasikmalaya City 2025)**

*Central obesity is a condition characterized by the accumulation of fat in the abdominal area, which is closely related to dietary patterns, particularly the consumption of high-carbohydrate and high-fat foods. The prevalence of central obesity tends to increase among women in late adulthood. This study aims to analyze the relationship between the habit of consuming high-carbohydrate and high-fat foods and the incidence of central obesity among late adult women in Tuguraja Subdistrict, under the working area of UPTD Cihideung Public Health Center, Tasikmalaya City, in 2025. This research used a cross-sectional design with a sample of 95 women aged 36–45 years, obtained through quota sampling in RW 001, 002, 009, 014, and 015 of Tuguraja Subdistrict, Cihideung District. Research instruments included a respondent identity questionnaire, Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ), waist ruler to measure waist circumference, and a food photo book as a portion size estimation tool. Data were analyzed using univariate and bivariate methods with Chi-Square and Spearman Rank tests. The results showed a relationship between the habit of consuming high-fat foods and the incidence of central obesity ( $p$ -value = 0,021). However, no relationship was found between the habit of consuming high-carbohydrate foods and the incidence of central obesity ( $p$ -value= 0,206) in late adult women in Tuguraja Subdistrict, under the working area of UPTD Cihideung Public Health Center, Tasikmalaya City, in 2025. Respondents are expected to pay more attention to their daily dietary patterns, particularly by limiting the consumption of high-carbohydrate and high-fat foods, and adopting a healthy lifestyle to prevent central obesity.*

**Keywords:** *carbohydrates, central obesity, consumption, fat, late adult women*