ABSTRAK

Latar Belakang: Obesitas merupakan *epidemic* global yang harus segera ditangani karena dapat memicu berbagai penyakit degeneratif. Pencegahan dini dengan cara skrining melalui pengukuran antropometri seperti indeks massa tubuh, lingkar leher, dan tebal lemak bawah kulit (*skinfold* thickness) diperlukan dalam menilai status gizi.

Tujuan: Mengetahui hubungan lingkar leher dan tebal lemak bawah kulit (*skinfold thickness*) terhadap Indeks Massa Tubuh (IMT) mahasiswa FK UISU.

Metode: Metode penelitian berupa deskriptif analitik dengan *pendekatan cross-sectional*. Subjek penelitian terdiri dari 77 orang Mahasiswa FK UISU yang diambil dengan metode *consecutive sampling*.

Hasil Penelitian: Berdasarkan jenis kelamin laki-laki dan perempuan serta kategori status gizinya, rerata IMT pada laki-laki 25,0 kg/m^2 (Obesitas I), dan perempuan 24,6 kg/m^2 (*Overweight*). Rerata ukuran lingkar leher laki-laki 38,5 cm (Besar), perempuan 37,1 cm (Besar), dan berdasarkan *cut off point* lingkar leher tergolong Obesitas Tingkat I. Rerata tebal lemak bawah kulit laki-laki 23,6 mm, dan perempuan 18,4 mm. Rerata persen lemak tubuh laki-laki 23,5 % (*Fat*), dan perempuan 27,5% (*Slightly Overfat*). Uji korelasi spearman menunjukkan hubungan yang signifikan antara lingkar leher dan tebal lemak bawah kulit (*skinfold thickness*) terhadap indeks massa tubuh (p<0,05) dengan korelasi yang kuat pada lingkar leher (r=0,526) dan korelasi sangat kuat pada tebal lemak bawah kulit (r=0,837), serta arah korelasi yang searah (positif).

Kesimpulan: Terdapat hubungan yang signifikan antara lingkar leher dan tebal lemak bawah kulit (*skinfold* thickness) terhadap indeks massa tubuh.

Kata Kunci: Lingkar leher, Tebal Lemak Bawah Kulit (*Skinfold Thickness*), Indeks Massa Tubuh.

ABSTRACT

Background: *Obesity is a global epidemic that must be addressed immediately because it can trigger various degenerative diseases. Early prevention by using screening through anthropometric measurements such as body mass index, neck circumference, and skinfold thickness is needed in assessing nutritional status.*

Objective: *To determine the relationship between neck circumference and skinfold thickness on the Body Mass Index (BMI) of FK UISU students.*

Methods: *The research method is descriptive-analytic with a cross-sectional approach. The research subjects consisted of 77 FK UISU students who were taken using the consecutive sampling method.*

Research Results: *Based on male and female gender and nutritional status category, the average BMI for men was 25.0 kg/m^2 (Obesity I), and for women was 24.6 kg/m^2 (Overweight). The mean neck circumference for men is 38.5 cm (Large), for women is 37.1 cm (Large), and based on the neck circumference cut-off point, classified as Obesity Level I. The average of skinfold thickness is 23.6 mm for men and 18.4 mm for women. The average body fat percentage for men is 23.5% (Fat), and for women is 27.5% (Slightly Overfat). Spearman correlation test showed a significant relationship between neck circumference and skinfold thickness on body mass index ($p<0.05$) with a strong correlation on neck circumference ($r=0.526$) and a very strong correlation on skinfold thickness ($r=0.837$), and the direction of correlation is in the same direction (positive).*

Conclusion: *There is a significant relationship between neck circumference and skinfold thickness on body mass index.*

Keywords: *Neck circumference, Skinfold Thickness, Body Mass Index.*