

ABSTRAK

Peningkatan indeks massa tubuh (IMT) menjadi suatu faktor resiko *hiperurisemia* dan *hiperkolesterolemia*. Orang dengan IMT kategori obesitas cenderung mengalami *hiperkolesterolemia* karena kenaikan kadar *leptin*. Suatu zat yang disebut dengan *leptin* dapat mengontrol jumlah asam urat di dalam darah, sehingga terjadinya kenaikan leptin ini dapat menyebabkan *hiperurisemia*. Tujuan penelitian ini adalah untuk mengetahui hubungan antara IMT wanita menopause, asam urat, dan kadar kolesterol. Jenis penelitian ini ialah penelitian analitik korelasi menggunakan desain penelitian *cross sectional*. Penelitian ini dilakukan pada 40 wanita *menopause* di wilayah Kecamatan Bangsal, kabupaten Mojokerto dan pemeriksaan sampelnya dilakukan di Labkesda Kabupaten Mojokerto dari bulan Oktober 2022 – Mei 2023. Hasil penelitian menunjukkan rata-rata nilai IMT responden ialah 25,7 kg/m². Berdasarkan rata-rata nilai IMT responden tersebut menunjukkan bahwa rata-rata responden tergolong ke dalam kategori obesitas. Rata-rata kadar asam urat responden adalah 5,9 mg/dL. Rata-rata kadar kolesterol responden ialah 234,6 mg/dL. Hasil uji menggunakan korelasi *Pearson*, menunjukkan bahwa nilai *signifikansi* antara IMT dengan kadar asam urat ialah sebesar 0.000 (*p value* < 0.005) dan nilai *signifikansi* antara IMT dengan kadar kolesterol adalah sebesar 0.000 (*p value* < 0.005). yang berarti adanya hubungan yang signifikan antara IMT dengan kadar asam urat dan kolesterol.

Kata kunci : Indeks Massa Tubuh, kadar asam urat, kadar kolesterol

ABSTRACT

Increased body mass index (BMI) is a risk factor for hyperuricemia and hypercholesterolemia. People with BMI in the obese category tend to experience hypercholesterolemia due to increased leptin levels. Leptin is a substance that functions to regulate uric acid concentrations in the blood so that increased leptin levels also trigger hyperuricemia. This study aims to determine the relationship between BMI and uric acid and cholesterol levels in postmenopausal women. This type of research is correlation analytic research with cross sectional research design. This research was conducted on 40 postmenopausal women in the Bangsal District, Mojokerto district and sample examination was carried out at the Mojokerto District Health Lab from October 2022 – May 2023. The results showed that the average BMI value of the respondents was 25.7 kg/m². Based on the average BMI value of the respondents, it shows that the average respondent falls into the obese category. The average uric acid level of the respondents was 5.9 mg/dL. The average cholesterol level of the respondents was 234.6 mg/dL. The test results using Pearson's correlation showed that the significance value between BMI and uric acid levels was 0.000 (p value <0.005) and the significance value between BMI and cholesterol levels was 0.000 (p value <0.005). which means there is a significant relationship between BMI and uric acid and cholesterol levels.

Keywords: *Body Mass Index, uric acid levels, cholesterol levels*