ABSTRAK

Individu obesitas biasanya memiliki kadar trigliserida yang tinggi, karena trigliserida didapat dari asupan makanan yang tinggi lemak sehingga tertimbun di jaringan adiposa. Peningkatan trigliserida memicu jaringan adiposa mensintesis *high sensitivity C-Reactive Protein* melalui pelepasan sitokin pro-inflamasi seperti IL-6 dan TNF-a. *C-Reactive Protein* diyakini sebagai mediator aterosklerosis dan penyakit jantung coroner. Tujuan penelitian ini untuk mengetahui hubungan antara *high sensitivity C-Reactive Protein* dengan trigliserida pada obesitas. Penelitian ini menggunakan rancangan observasional analitik dengan desain *cross sectional*. Teknik pengambilan sampel menggunakan *purposive sampling*, dengan responden yang memenuhi kriteria inklusi yakni memiliki indeks massa tubuh/IMT >25 kg/m2 dan berusia 20-60 tahun sebanyak 30 responden. Pemeriksaan hs-CRP menggunakan alat *body text I-chroma* dengan metode *fluoresens immunoassay*. Sedangkan pemeriksaan trigliserida menggunakan alat fotometer dengan metode enzimatik kolorimetrik (endpoint). Hasil penelitian didapatkan sebanyak 80% responden berjenis kelamin perempuan, 40% berada pada rentang usia 46-55 tahun, pemeriksaan kadar hs-CRP didapatkan nilai rata-rata 2.05 mg/L, sedangkan nilai rata-rata trigliserida 216 mg/dL. Hasil analisa uji korelasi spearman didapatkan nilai p=0,766 (p>0,05). Kesimpulan penelitian ini tidak terdapat hubungan antara *high sensitivity C-Reactive Protein* dengan kadar trigliserida pada obesitas karena trigliserida tidak memicu peradangan.

Kata Kunci : *high sensitivity C-Reactive Protein*, Trigliserida, Obesitas, hs-CRP.

ABSTRACT

Obese individuals usually have high triglyceride levels, because triglycerides are obtained from food intake that is high in fat so that it accumulates in adipose tissue. Increased triglycerides trigger adipose tissue to synthesize high sensitivity C-Reactive Protein through the release of pro-inflammatory cytokines such as IL-6 and TNF-a. C-Reactive Protein is believed to be a mediator of atherosclerosis and coronary heart disease. The purpose of this study was to determine the relationship between high sensitivity C-Reactive Protein with triglycerides in obesity. This study used an analytical observational design with a cross-sectional design. The sampling technique uses purposive sampling, with respondents who meet the inclusion criteria, namely having a body mass index / BMI of >25 kg / m2 and aged 20-60 years as many as 30 respondents. hs-CRP examination using the I-chroma body text tool with the fluorescence immunoassay method. While the triglyceride examination uses a photometer with a colorimetric enzymatic method (endpoint). The results of the study found that 80% of respondents were female, 40% were in the age range of 46-55 years, examination of hs-CRP levels obtained an average value of 2.05 mg / L, while the average value of triglycerides was 216 mg / dL. The results of the spearman correlation test analysis obtained a value of p = 0.766 (p > 0.05). The conclusion of this study was that there was no association between high sensitivity C-Reactive Protein and triglyceride levels in obesity because triglycerides do not trigger inflammation.

***Keywords** : high sensitivity C-Reactive Protein, Tryglyceride, Obesity, hs-CRP.*