

ABSTRAK

Perubahan pola hidup termasuk konsumsi makanan tinggi lemak dan penurunan aktivitas fisik berkontribusi pada peningkatan kejadian obesitas dan gangguan lipid. Lemak *visceral* diperkirakan memiliki peran penting dalam metabolisme lipid dan potensi pengaruh terhadap kadar kolesterol total. Penelitian ini menelaah hubungan antara kadar lemak *visceral* dan kolesterol total darah pada mahasiswa Fakultas Kedokteran Universitas Pasundan periode 2024/2025. Desain penelitian bersifat sampling analitik korelasi dengan pendekatan kuantitatif; data primer dikumpulkan melalui pengukuran lemak *visceral* menggunakan timbangan BIA (Omron HBF-375) dan tes cepat kolesterol total *portable*. Sampel akhir terdiri atas 111 mahasiswa yang memenuhi kriteria inklusi. Hasil menunjukkan mayoritas responden berada pada kategori normal untuk lemak *visceral* (79,3%) dan kolesterol total (67,6%). Analisis bivariat menggunakan uji Korelasi Spearman menghasilkan $p = 0,529$ ($p > 0,05$), sehingga tidak ditemukan hubungan statistik yang signifikan antara lemak *visceral* dan kadar kolesterol total pada sampel ini. Kesimpulannya, pada populasi muda dan relatif homogen, akumulasi lemak *visceral* belum tampak berpengaruh signifikan terhadap kolesterol total, meskipun pencegahan dini melalui modifikasi gaya hidup tetap dianjurkan.

Kata kunci: lemak *visceral*; kolesterol total; mahasiswa kedokteran; obesitas; metabolisme lipid.

ABSTRACT

Modern lifestyle shifts marked by increased intake of high-fat foods and reduced physical activity are associated with rising obesity and lipid abnormalities. Visceral fat is implicated in lipid metabolism and may affect total blood cholesterol. This correlational analytical study investigated the relationship between visceral fat level and total cholesterol among medical students at the Faculty of Medicine, Pasundan University (2024/2025). Primary data were obtained by measuring visceral fat with a BIA scale (Omron HBF-375) and total cholesterol using a portable rapid test device. The analytic sample comprised 111 eligible students. The analysis showed that most participants had normal visceral fat (79.3%) and normal total cholesterol (67.6%). A Spearman correlation analysis yielded a p-value of 0,529 ($p > 0,05$), indicating no statistically significant association between visceral fat and total cholesterol in this cohort. In conclusion, within this young, relatively homogeneous population, visceral fat accumulation did not demonstrably influence total cholesterol levels; nevertheless, early lifestyle interventions remain advisable.

Keywords: visceral fat; total cholesterol; medical students; obesity; lipid metabolism