

ABSTRACT

**THE PREVALENCE OF METABOLIC SYNDROME COMPONENT AMONG
BUMN WORKERS IN PT WIJAYA KARYA DIVISION IV SURABAYA**

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Introduction: Metabolic syndrome is a group of risk factors that appear together as a combination of the rising of blood glucose level, the abnormalities of lipid profile, high blood pressure, and central obesity. The cases of metabolic syndrome among workers in Indonesia tend to rise and start happening in relatively young age workers. The main cause of workers' death is degenerative disease in which it triggers metabolic syndrome. Someone could be said having a metabolic syndrome when they have minimal three from five criteria from NCEP ATP III. The underlying cause of metabolic syndrome is still unknown, but some hypothesis considered central obesity and insulin resistance as significant factors. Some factors from the worker's side which assumed giving contribution are behavior, unhealthy food pattern, smoking habit, stress and age. The purpose of this study is to know the prevalence of metabolic syndrome component among workers in PT Wijaya Karya Division IV Surabaya.

Methods: A case study of 70 workers who participated in the annual health examinations was conducted by PT Wijaya Karya Division IV Surabaya during the period of October 2016. Metabolic syndrome was defined using NCEP ATP III criteria. Incomplete medical records were not included in this study. The variable which analyzed includes the prevalence of metabolic syndrome, its component, age, sex, and working location. Results of this study were presented in a frequency distribution table.

Result: Based on the data of 68 samples, the prevalence of metabolic syndrome among workers is 22.1% with the highest gender is male (93.3%) and the largest age group is 31 – 40 years old (33.3%). Most case of metabolic syndrome has three component (66.7%) with the sequence from the most to the least common are hypertriglyceridemia (35.5%), high blood pressure (32.4%), low HDL cholesterol (26.5%), hyperglycemia (23.5%), and abdominal circumference (21.3%). The prevalence is higher in office located workers (66.7%) than field located workers.

Key words: Prevalence, metabolic syndrome, workers