




Digital Receipt

This receipt acknowledges that Turnitin received your paper. Below you will find the receipt information regarding your submission.

The first page of your submissions is displayed below.

Submission author: Ida Ayu Made Sri Arjani
Assignment title: Cek kemiripan
Submission title: The Correlation Between Pegringsingan Weavers, Physical A...
File name: with_Body_Mass_Index,_Triglycerides,_and_Cholesterol_Level...
File size: 248.74K
Page count: 3
Word count: 1,987
Character count: 11,023
Submission date: 02-Feb-2022 09:50PM (UTC+0700)
Submission ID: 1753447348

 **ATLANTIS PRESS**

Advances in Health Sciences Research, volume 22
4th International Symposium on Health Research (ISHR 2019)

The Correlation Between Pegringsingan Weavers Physical Activity with Body Mass Index, Triglycerides, and Cholesterol Levels in Tenganan Village Karangasem Regency

I Gusti Ayu Sri Dhyana Putri^{1*}, Cok Dewi Widhiya Hana Sundari¹, Ida Ayu Made Sri Arjani¹, Nur Habibah¹

¹Politechnic of Health Denpasar Bali, Indonesia
^{*}Corresponding Author. Email: dhyana2@gmail.com

ABSTRACT
The Pegringsingan weaving work position is by sitting on the floor with a simple mat and legs straight to the front and done for 6 to 8 hours per day. Low physical activity or sedentary lifestyle can increase the prevalence of obesity which is a risk factor for non-communicable diseases. Body Mass Index is one of the markers of nutritional status related to obesity that can lead to an increase of triglyceride and cholesterol levels that can cause cardiovascular disease. The Objective of this study to determine the correlation between physical activity with Body Mass Index, Triglycerides levels and Cholesterol Levels of Pegringsingan Weavers in Tenganan Village Karangasem Regency. Method of this is a correlation study with cross-sectional design. The study was done to 26 respondents that were chosen by the saturated sampling method. Physical activity is categorized according to the IPAQ category. BMI is measured by anthropometry and triglyceride and cholesterol levels are measured by dialysis analyzer. The correlation between physical activity with BMI, Triglycerides dan cholesterol levels are analyzed with Spearman Rho. The Results are there is a significant correlation between physical activity with BMI ($p = 0.021$; $r = -0.451$), there is a significant correlation between physical activity with triglyceride levels ($p = 0.002$; $r = -0.578$), there is a significant correlation between physical activity with cholesterol levels ($p = 0.034$; $r = -0.417$). The conclusion there is a negative correlation between physical activity with BMI, triglyceride levels and cholesterol levels.
Keywords: physical activity, body mass index, Triglycerides levels, cholesterol levels

1. INTRODUCTION
Pegringsingan weavings is a heritage home industry that combines art and simple technology fully produced by hand. This Pegringsingan woven fabric is a characteristic of Tenganan village which is not owned by other regions. To make Pegringsingan weavings is the job of some of the women in Tenganan village, in Mangis sub-district, Karangasem regency [1]. Based on a preliminary survey, the weaving process is done by women workers by themselves, starting from making the threads, coloring, and weaving [2]. Weaving is a manual job using muscle power, the body locomotive organs, by sitting on the floor, with simple mat, and legs straight to the front. A work position by a long sitting position on the floor makes the weaver have low physical activity [2, 3]. Physical activity is related to body mass index. Low physical activity can increase body mass index [4, 5]. Body mass index is one of the markers of nutritional status related to obesity. Prior epidemiologic studies have shown that increasing body mass index (BMI) is associated with higher total cholesterol, low-density lipoprotein cholesterol (LDL) and Triglycerides [6].

2. METHOD
This research is a correlation study with cross-sectional design. The study was done to 26 respondents that were chosen by the saturated sampling method. Physical activity is categorized according to the International Physical Activity Questionnaire (IPAQ) category. The IPAQ is an international questionnaire designed to measure adult physical activity in the previous seven days [7]. BMI is measured by anthropometry and triglyceride and cholesterol levels are measured by dialysis analyzer. The correlation between physical activity with BMI, Triglycerides dan cholesterol levels are analyzed with Spearman Rho.

3. RESULTS AND DISCUSSION
The subjects in this study were 26 weavers of Pegringsingan woven in Tenganan village, Karangasem, all of whom were women with active weaving criteria for at least the last two years. The measurement results of the weaver's physical activity were obtained by the majority of weavers, namely,