

**PENGARUH *BODY MASS INDEX* OBESITAS DAN *NON OBESITAS*
TERHADAP MATURASI FOLIKEL OVARIUM PADA PASIEN
POLYCYSTIC OVARY DI ASRI MEDICAL CENTER YOGYAKARTA**

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Intisari

Latar Belakang: Untuk meneliti pengaruh *body mass index* obesitas dan *non obesitas* terhadap maturasi folikel ovarium pada pasien PCO (*Polycystic Ovary*). Dari penelitian WHO 2014, prevalensi menunjukkan bahwa banyak wanita di seluruh dunia banyak yang mengalami kegemukan. Di sisi lain banyak wanita yang tidak menyadari ada atau tidaknya pengaruh berat badan terhadap maturasi folikel ovarium.

Tujuan: Untuk mengetahui adanya pengaruh *Body Mass Index* obesitas dan *non obesitas* terhadap maturasi folikel ovarium pada pasien *polycystic ovary* di AMC Yogyakarta.

Metode : Penelitian ini menggunakan metode penelitian analitik retrospektif korelatif dengan pendekatan *case control study*. Populasi penelitian ini adalah pasien wanita di instalasi Obstetri dan Ginekologi AMC Yogyakarta. Sedangkan Sampel pada penelitian ini sebanyak 170 orang pasien wanita dengan diagnosis PCO di instalasi Obstetri dan Ginekologi AMC yang memenuhi kriteria inklusi dan eksklusi dan menggunakan teknik total sampling. Pengambilan data menggunakan instrumen rekam medis. Teknik analisis data menggunakan analisis *chi-square*.

Hasil : Pasien PCO dengan *obesitas* 2,7 kali lebih berisiko mengalami gangguan proses pematangan folikel ovarium daripada pasien PCO yang tidak mengalami *obesitas* ($p=0,006$; OR= 2,7) (CI,95% : 1,329 – 5,345)

Kesimpulan : Terdapat pengaruh *body mass index* obesitas dan *non obesitas* terhadap maturasi folikel ovarium pada pasien PCO (*Polycystic Ovary*) di AMC Yogyakarta. Wanita yang mengalami *obesitas* berisiko lebih besar mengalami proses pematangan folikel ovarium.

Kata kunci : Body mass index, PCO, polikistik ovarii, folikel ovarium, maturasi folikel

**THE INFLUENCE OF BODY MASS INDEX OBESITY AND NON OBESITY
ON FOLLICULAR MATURATION PROCESS IN PATIENT WITH
POLYCYSTIC OVARY AT ASRI MEDICAL CENTER YOGYAKARTA**

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Abstract

Background : To investigate the relationship of body mass index obesity and non obesity on the process of maturation of ovarian follicles in patients with PCO (polycystic ovary). Based on the prevalence from of WHO 2014 research showed a lot of women got obesity problem. In addition to that a lot of women are not aware that there is a correlation between the weight and their follicles maturation

Objective : To determine the relationship between body mass index obesity with process of maturation of ovarian follicles in patients with polycystic ovary at AMC Yogyakarta.

Methods : This study is a correlative retrospective analytic study with case control study. The population in this study was female patients in the at patient ward of Obstetrics and Gynecology AMC Yogyakarta. While the samples in this study were 170 female patients in the at patient ward Obsetrics and Gynecology AMC that meet the inclusion and exclusion criteria and use the total sampling technique. Retrieving data using instruments medical records. Data were analyzed using chi-square analysis.

Results : PCO patients with obesity have a risk of ovarian follicle maturation proses disorder 2,7 times higher PCO patients than PCO patients who did not experience obesity ($p=0,006$; $OR=2,7$) ($CI,95\%=1,329-5,345$).

Conclusion : This is an correlation between there is an influence of the body mass index obesity on the process of maturation of ovarian follicles of obese patients with PCO at Asri Medical Center Yogyakarta. Women with obesity disorders in from have a higher risk to experience ovarian follicle maturation process disorder.

Keywords : Body mass index, PCO, polycystic ovary, ovarian follicles, follicular maturation