

**GAMBARAN AKTIVITAS FISIK PASIEN *NON-ALCOHOLIC FATTY*
LIVER DISEASE DI RSU SIS ALDJUFRIE
PALU PERIODE MEI-JULI TAHUN 2025**

SKRIPSI

**Disusun untuk memenuhi sebagian persyaratan
mencapai derajat Sarjana Kedokteran**



Diajukan oleh:

MUHAMMAD NAUFAL SUBHAN FATHULLAH

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**PROGRAM STUDI KEDOKTERAN
FAKULTAS KEDOKTERAN UNIVERSITAS ALKHAIRAAT
PALU
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VISI	"Menjadi Institusi pendidikan kedokteran yang menghasilkan dokter dan tenaga kesehatan lainnya berkarakter Islami dan berwawasan kesehatan matra pada tahun 2034"
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DAFTAR SINGKATAN & LAMBANG/SIMBOL

Singkatan

SINGKATAN	KEPANJANGAN
NAFLD	<i>Non-Alcoholic Fatty Liver Disease</i>
AFLD	<i>Alcoholic Fatty liver Disease</i>
NASH	<i>Non-Alcoholic Steatohepatitis</i>
FFA	<i>Free Fatty Acid</i>
RS	Rumah Sakit
RSU	Rumah Sakit Umum
IMT	Indeks Massa Tubuh
CT	<i>Computer Tomography</i>
MRI	<i>Magnetic Resonance Imaging</i>
USG	<i>Ultrasonografi</i>
HCC	<i>Hepatocellular Carcinoma</i>
AST	<i>Aspartate Aminotransferase</i>
ALT	<i>Alanine Transaminase</i>
HPA	<i>Hypothalamus-Pituitary-Adrenal</i>
SNS	<i>Sympatic Nerve System</i>
TNF- α	<i>Tumor Necrosis factor-alpha</i>
HDL	<i>High-Density Lipoprotein</i>
LDL	<i>Low-Density Lipoprotein</i>
Tg	<i>Trigliserida</i>
RSUD	Rumah Sakit Umum Daerah
RCTs	<i>Randomized Clinical Trials</i>
MCID	<i>Minimum Clinically Important Difference</i>
DMT2	<i>Diabetes Melitus Type 2</i>

Lambang/Symbol

Simbol/Lambang	Arti
%	Persentase
>	Lebih dari
$\geq$	Lebih dari sama dengan
<	Kurang dari
Mg/dL	Miligram per desiliter
Kg/m ²	Kilogram per meter persegi
mmHg	Milimeter air raksa

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INTISARI

Latar Belakang : Ketika lemak menumpuk di sel-sel hati karena alasan selain penggunaan alkohol, kondisi ini disebut “Non-Alcoholic Fatty Liver Disease (NAFLD)”. Prevalensi NAFLD terus meningkat secara global, termasuk di Indonesia. Kota Palu merupakan salah satu daerah dengan angka obesitas cukup tinggi yang berpotensi berkorelasi dengan tingginya kasus NAFLD. Perkembangan NAFLD dipengaruhi oleh faktor gaya hidup, termasuk aktivitas fisik, IMT, serta riwayat keluarga dengan penyakit metabolik seperti dislipidemia dan diabetes tipe 2.

Tujuan Penelitian : Guna mengetahui gambaran aktivitas fisik pasien NAFLD di Rumah Sakit Umum Sis Aldjufrie Palu Periode Mei-Juli Tahun 2025.

Metode Penelitian : Studi ini mempergunakan desain cross-sectional dan bersifat kuantitatif serta deskriptif. Sebanyak 50 pasien dengan NAFLD termasuk dalam sampel. Data dikumpulkan melalui rekam medis dan kuesioner aktivitas fisik, kemudian dianalisis secara deskriptif menggunakan SPSS versi 27.0.

Hasil Penelitian : Mayoritas pasien berjenis kelamin perempuan (64,0%) dan berada pada usia dewasa awal (24,0%). Berdasarkan IMT, kebanyakan dari pasien mempunyai status gizi normal (34,0%), diikuti oleh obesitas I (30,0%), kurus (19,0%), *overweight* (10,0%) dan obesitas II (8,0%). Sebanyak 58,0% pasien memiliki riwayat diabetes mellitus tipe 2 dan seluruh pasien (100%) menunjukkan aktivitas fisik ringan. Hasil ini menunjukkan bahwa pola hidup sedentari dan riwayat penyakit metabolik merupakan gambaran umum pasien NAFLD di RSU SIS Aldjufrie Palu.

Kata Kunci: NAFLD, Aktivitas Fisik, IMT, Dislipidemia, DMT2

ABSTRACT

Background : A disorder known as Non-Alcoholic Fatty Liver Disease (NAFLD) occurs when there is an abnormal buildup of fat in the liver cells, even in people who do not drink alcohol. In Indonesia, like in the rest of the world, the incidence of NAFLD is on the increase. The rising number of instances of non-alcoholic fatty liver disease (NAFLD) may be associated with the high obesity incidence in Palu City. One of the main causes of non-alcoholic fatty liver disease (NAFLD) is an unhealthy lifestyle, which includes things like not getting enough exercise, having a high body mass index (BMI), and a family history of metabolic disorders.

Objective : For the purpose of describing the degree of physical activity among NAFLD patients at SIS Aldjufrie Hospital Palu from May to July 2025.

Methods : The study used a cross-sectional design and was quantitative and descriptive in nature. Fifty NAFLD patients were randomly chosen for the sample. We used SPSS version 27.0 for descriptive analysis on data obtained from medical records and physical activity questionnaires.

Results : Most of patients were female (64.0%) and in early adulthood (24.0%). Based on BMI, most patients had normal nutritional status (34.0%), followed by obesity I (30.0%), thinness (19.0%), overweight (10.0%), and obesity II (8.0%). All patients (100%) demonstrated some level of modest physical activity, and 58.0% had a history of type 2 diabetes mellitus. These results indicate that a sedentary lifestyle and a history of metabolic diseases are common characteristics among NAFLD patients at RSU SIS Aldjufrie Palu.

Keywords : NAFLD, Physical Activity, BMI, Dyslipidemia, Type 2 Diabetes.

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