

ABSTRAK

Hipertensi merupakan penyakit yang memerlukan terapi jangka panjang, sehingga diperlukan kepatuhan pasien dalam menjalani pengobatan untuk mengontrol tekanan darah dan menurunkan risiko komplikasi. Kolesterol tinggi dalam darah berhubungan dengan tekanan darah tinggi (hipertensi), penyempitan serta kakunya dinding pembuluh darah akibat dari penumpukan kolesterol pada pembuluh darah dapat menyebabkan tekanan darah meningkat. Jenis penelitian adalah observasi analitik, dengan rancangan korelasi. Populasi adalah semua penderita hipertensi di Puskesmas Aimere Kabupaten Ngada Propinsi Nusa Tenggara Timur dengan metode total sampling, sejumlah dari 30 orang. Kadar kolesterol diukur menggunakan kolesterol alat Erba Chem metode CHOD-PAP, sedangkan tekanan darah diukur dengan menggunakan sphygmomanometer dan stetoskop. Uji statistik yang digunakan adalah uji Korelasi Spearman pada $\alpha = 0,05$. Hasil penelitian sebagian besar (57%) responden mempunyai kadar kolesterol darah sedang (200 – 280 mg/dl) dan hampir setengahnya (10%) responden responden menderita hipertensi derajat 1 (140 -159/90-99 mmHg) dan hipertensi derajat 2 (160 -179/100-109 mmHg) sebanyak (30%) , hipertensi derajat 3(>180 mmHg) sebanyak (60%). Hasil dari perhitungan uji statistic *Correlation Spearmen* didapatkan nilai significant (p) > 0,889 dengan $\alpha = 0,05$ karena (p) = 0,889 maka H_0 diterima yang artinya tidak ada hubungan kadar kolesterol dengan tekanan darah pada penderita hipertensi di Puskesmas Aimere Kabupaten Ngada Propinsi Nusa Tenggara Timur. Memberikan informasi kepada pasien supaya memantau kadar kolesterol total disarankan untuk tetap dalam batas normal (< 200 mg/dl) serta mengatur gaya hidup.

Kata Kunci : Kadar Kolesterol. Tekanan Darah , Pasien Hipertensi

ABSTRACT

Hypertension is a disease that requires long-term therapy, so it requires patient compliance in undergoing treatment to control blood pressure and reduce the risk of complications. High cholesterol in the blood is associated with high blood pressure (hypertension), narrowing and constriction of blood vessel walls due to cholesterol buildup in vessels blood can cause blood pressure to increase. This type of research is analytic observation, with a correlation design. The population was all hypertensive sufferers at the Aimere Health Center in Ngada Regency, East Nusa Tenggara Province with a total sampling method, of 30 people. Cholesterol levels were measured using the Erba Chem cholesterol tool CHOD-PAP method, while blood pressure was measured using a sphygmomanometer and stethoscope. The statistical test used is the Spearman Correlation test at $\alpha = 0.05$. The results of the study were mostly (57%) respondents had moderate blood cholesterol levels (200 - 280 mg / dl) and almost half (10%) respondents had hypertension grade 1 (140 -159 / 90-99 mmHg) and hypertension degree 2 (160 -179 / 100-109 mmHg) as much (30%), grade 3 hypertension (> 180 mmHg) as much (60%). The results of the calculation of the Spearman Correlation test obtained a significant value (p)> 0.889 with $\alpha = 0.05$ because (p) = 0.889 then H_0 is accepted which means there is no correlation between cholesterol levels and blood pressure in hypertensive patients at Aimere Health Center Ngada Regency Nusa Province East Southeast. Providing information to patients to monitor total cholesterol levels is recommended to remain within normal limits (<200 mg / dl) and regulate lifestyle.

Keywords: Cholesterol Levels. Blood Pressure, Hypertensive Patients