

**HUBUNGAN POLA MAKAN DAN ASUPAN LEMAK DENGAN KADAR
KOLESTEROL DARAH TOTAL PADA PENDERITA
HIPERKOLESTEROLEMIA DI WILAYAH KERJA PUSKESMAS
PUCANG SEWU TAHUN 2016**

(Studi Kualitatif di Puskesmas Pucang Sewu)

ABSTRAK

Orang yang beresiko memiliki kadar kolesterol tinggi adalah mereka yang memiliki tingkat asupan lemak tinggi dan menerapkan pola makan yang mengandung lemak jenuh yang tinggi. Kadar kolesterol tinggi (hiperkolesterol) akan memicu penyakit degenerative lain misal PJK (penyakit jantung koroner) dan stroke. Faktor lain yang dapat meningkatkan kadar kolesterol darah antara lain umur, jenis kelamin, keturunan, aktifitas fisik dan olahraga, merokok dan kegemukan. Tujuan penelitian ini adalah untuk mengetahui hubungan pola makan dan asupan lemak dengan kadar kolesterol darah pada penderita hiperkolesterolemia.

Penelitian ini menggunakan penelitian korelasi dengan desain studi *Cross Sectional*. Jumlah sampel diambil dari penderita hiperkolesterolemia di Puskesmas Pucang Sewu sebanyak 45 responden dengan teknik sampling menggunakan incidental sampling. Pengumpulan data dilakukan melalui data puskesmas tentang pasien dengan kadar kolesterol tinggi, wawancara *food recall 2 x 24 jam* dan FFQ (*Food Frequency Questionnaire*) kualitatif. Data dianalisis dengan analisa korelasi Pearson.

Dari 45 responden, hasil penelitian menunjukkan bahwa mayoritas responden berumur antara 50-64 tahun sebanyak 23 orang (51%) dan mayoritas responden memiliki jenis kelamin perempuan berjumlah 31 orang (69%). Nilai $p = 0,941 > \alpha 0,1$ tidak ada hubungan antara pola makan dengan kadar kolesterol penderita hiperkolesterolemia. Nilai $p = 0,630 > \alpha 0,1$ tidak ada hubungan antara asupan lemak dengan kadar kolesterol penderita hiperkolesterolemia.

Dan kesimpulan pada penelitian ini adalah tidak ada hubungan antara pola makan dan asupan lemak dengan kadar kolesterol penderita hiperkolesterolemia. Sehingga disarankan untuk penderita hiperkolesterolemia untuk mempertahankan pola makan rendah lemak jenuh dan mengurangi konsumsi asupan lemak serta rutin control kadar kolesterol darah total.

Kata kunci : Pola makan, Asupan Lemak, Kadar Kolesterol Darah

RELATIONSHIP DIET AND FAT INTAKE WITH TOTAL BLOOD CHOLESTEROL LEVELS TO HIPERCOLESTEROLEMIA PATIENTS IN THE WORK AREA PUCANG SEWU HEALTH YEAR 2016

(Qualitative Study in Pucang Sewu Health)

ABSTRACT

People who are at risk of having high cholesterol levels are those that have high levels of fat intake and implement a diet high in saturated fat. High cholesterol levels (hypercholesterolemia) will trigger other degenerative diseases such CHD (Coronary Heart Disease) and stroke. Other factors that can increase blood cholesterol levels were age, gender, heredity, physical activity and exercise, smoking and obesity. The purpose of this research is to determine the relationship of diet and fat intake with blood cholesterol levels in patients with hypercholesterolemia.

This research uses a correlation study with cross sectional study design. The number of samples taken from patients with hypercholesterolemia in Puskesmas Pucang Sewu is 45 respondents with a sampling technique using incidental sampling. The data were collected through the data about the patient with high cholesterol, food recall interviews 2 x 24 hours and FFQ (Food Frequency Questionnaire) qualitative. The data were analyzed by Pearson correlation analysis.

Of the 45 respondents, the research results show that the majority of respondents were aged between 50-64 years is 23 people (51%) and the majority of respondents have a female gender is 31 (69%). The p-value = 0.941 > 0.1 α there is not relationship between the diet hypercholesterolemia patients with cholesterol levels. The p-value = 0.630 > 0.1 α there is not relationship between fat intake and cholesterol levels of patients with hypercholesterolemia.

The conclusion of this research, there is not relationship between the diet and fat intake hypercholesterolemia patients with cholesterol levels. So it is advisable for patients with hypercholesterolemia to maintain a diet low in saturated fat and reduce the consumption of fat intake and regular control of total blood cholesterol levels.

Keywords: Diet, Fat Intake, Blood Cholesterol Levels