

ABSTRACT

Non-infectious diseases and degenerative diseases weren't less endangering than infectious diseases, one of the diseases was hypercholesterolemia (cholesterol levels > 250 mg/dL). Hypercholesterolemia could be affected by age and body mass index (BMI) variable. BMI could be used to determine the prevalence of obesity which is associated with the risk of heart disease, hypertension, type 2 diabetes mellitus, and increased lipid disorders that could be influenced by several factors, one of them was sleep duration which had become a critical health problem in the community. This research purpose was for analyzing the correlation between body mass index and sleep duration on cholesterol levels in the adult age group. The research type was analytic observational with cross-sectional method. The research had been done at the Bakti Analisa Laboratory from November 2021 to May 2022. The independent variables in this research were body mass index and sleep duration while the dependent variable was cholesterol levels. Fotometry method was used to analyze the cholesterol levels. Mean value of respondent's cholesterol level was 212.95 mg/dL, the mean value of BMI was 31.43 kg/m², and sleep duration had mean value 5.52 hours. The statistical test using Spearman method showed that there was no significant correlation between body mass index and cholesterol levels and there was no correlation between sleep duration and cholesterol levels.

Keywords : Body Mass Index; Sleep Duration; Cholesterol Level