

ABSTRAK

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PENGARUH KEBIASAAN MEROKOK TERHADAP KADAR GULA DARAH ACAK DAN KOLESTEROL *LOW DENSITY LIPOPROTEIN* (LDL) DI DESA CANGGU, KECAMATAN JETIS, KABUPATEN MOJOKERTO

1x + 101 Halaman + 12 Tabel + 11 Gambar + 14 Lampiran

Kebiasaan merokok merupakan pemicu DMT2 dan aterosklerosis. Jumlah batang rokok yang diisap per minggu di Kabupaten Mojokerto sekitar 73 batang rokok, angka ini mengalahkan Kota Surabaya dengan rata-rata 67 batang rokok per minggu. Penelitian ini bertujuan untuk mengetahui pengaruh kebiasaan merokok warga Desa Cangu, Kecamatan Jetis, Kabupaten Mojokerto terhadap kadar GDA dan kolesterol LDL. Rancangan penelitian yang digunakan adalah observasional analitik menggunakan metode potong lintang. Sampel terdiri dari 30 responden yang memenuhi kriteria inklusi. Kebiasaan merokok diklasifikasikan sebagai perokok ringan, perokok sedang, dan perokok berat. Uji *kruskal wallis* pengaruh kebiasaan merokok terhadap kadar GDA didapatkan $p = 0.619 > 0.05$, uji *post hoc* didapatkan $p > 0.05$ untuk semua kelompok. Rata-rata kadar GDA perokok ringan sebesar 106 mg/dL, perokok sedang 124 mg/dL, sedangkan perokok berat 135 mg/dL. Uji ANOVA satu arah pengaruh kebiasaan merokok terhadap kadar kolesterol LDL didapatkan $p = 0.000 > 0.05$, uji *post hoc* didapatkan $p < 0,05$ antara kelompok ringan dan sedang serta ringan dan berat. Rata-rata kadar kolesterol LDL perokok ringan sebesar 105 mg/dL, perokok sedang 134 mg/dL, sedangkan perokok berat 167 mg/dL. Kesimpulan penelitian ini adalah tidak ada pengaruh kebiasaan merokok terhadap kadar GDA dan ada pengaruh kebiasaan merokok terhadap kadar kolesterol LDL.

Kata Kunci: Kebiasaan Merokok, Perokok Aktif, Gula Darah Acak, Kolesterol LDL

ABSTRACT

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THE INFLUENCE OF SMOKING HABITS ON RANDOMISED BLOOD SUGAR AND *LOW-DENSITY LIPOPROTEIN* (LDL) CHOLESTEROL LEVELS IN CANGGU VILLAGE, JETIS DISTRICT, MOJOKERTO REGENCY

1x + 101 Pages + 12 Tables + 11 Pictures + 14 Appendices

Smoking habits increases the risk of DMT2 and atherosclerosis. Cigarettes smoked per week in Mojokerto Regency is around 73 cigarettes, this figure beats the city of Surabaya with an average of 67 cigarettes per week. This study aims to determine the influence of smoking habits of of Canggu, Jetis, Mojokerto on RBS and LDL cholesterol levels. The research design employed was an observational analysis utilizing a cross-latitude method. The sample had 30 respondents who satisfied the inclusion criteria. Smoking habits are classified as light smokers, moderate smokers, and heavy smokers. The kruskal walis test of the influence of smoking habits on RBS levels was obtained $p = 0.619 > 0.05$, the post hoc test obtained $p > 0.05$ for all groups. The average RBS level of light smokers was 106 mg/dL, medium smokers 124 mg/dL, while heavy smokers were 135 mg/dL. The one-way ANOVA test of the influence of smoking habits on LDL cholesterol levels was obtained $p = 0.000 > 0.05$, the post hoc test obtained $p < 0.05$ between light and moderate groups and light and heavy groups. The average LDL cholesterol level of light smokers was 105 mg/dL, moderate smokers were 134 mg/dL, while heavy smokers were 167 mg/dL. The conclusion of this study is that there is no effect of smoking habit on GDA levels and there is an effect of smoking habit on LDL cholesterol levels.

Keywords: *Smoking Habit, Active Smoker, Random Blood Sugar, LDL Cholesterol*