ABSTRAK

Sitti Muthmainnah Linta

HUBUNGAN INDEKS MASSA TUBUH (IMT) DENGAN KADAR KOLESTEROL PADA PASIEN HIPERTENSI DIRUMAH SAKIT ISLAM SULTAN AGUNG SEMARANG

76 hal + 11 tabel + xiv

Latar Belakang : Indeks massa tubuh merupakan suatu pengukuran sederhana untuk menentukan status gizi seseorang. Beberapa teori menyatakan bahwa meningkatnya IMT akan disertai dengan kenaikan kadar kolesterol total. Kadar kolesterol total yang tinggi akan membentuk aterosklerosis yang dapat menyebabkan hipertensi. Tujuan penelitian ini untuk mengidentifikasi hubungan indeks massa tubuh dengan kadar kolesterol pada pasien hipertensi.
Metode : Penelitian ini merupakan jenis penelitian kuantitatif *non ekspetimental* dengan studi *korelasi*. Pengumpulan data dilakukan dengan observasi. Jumlah responden sebanyak 64 orang dengan teknik *consecutive sampling*. Data yang diperoleh diolah secara statistik dengan menggunakan uji *spearman.*
Hasil : Berdasarkan hasil analisa diperoleh bahwa dari 64 responden penelitian, sebagian besar memiliki karakteristik usia dewasa madya sebanyak 70,3%, karakteristik jenis kelamin sebagian besar laki-laki 64,1%, sebagian besar berpendidikan SMP 32,8%, serta karakteristik jenis pekerjaan sebagian besar bekerja sebagai wiraswasta sebanyak 48.4%. Hasil penelitian juga menunjukkan 87,5% responden dengan imt normal dan sebanyak 50,0% responden memiliki kadar kolesterol optimal.
Simpulan : Ada hubungan antara indeks massa tubuh dengan kadar kolesterol pada pasien hipertensi di Rumah Sakit Islam Sultan Agung Semarang (0,010 p value < 0,05)

Kata kunci : IMT, Kadar kolesterol, Hipertensi
Daftar Pustaka : 63 (2006 - 2016)

ABSTRACT

Sitti Muthmainnah Linta

THE CORRELATION OF BODY MASS INDEX (BMI) WITH CHOLESTEROL LEVEL IN HYPERTENSIVE PATIENTS AT ISLAMIC SULTAN AGUNG HOSPITAL SEMARANG

76 pages + 11 tables + xiv

Backgound : Body Mass Index is a simple measurement to determine the nutritional status of a person. Some theories suggest that increased BMI will be accompanied by an increase in total cholesterol levels. High cholesterol levels will form the atherosclerosis that can cause hypertension. The goal of this research is to identify the correlation of BMI and cholesterol level in hypertensive patients.

Method : This research was conducted with non experimental quantitative method and correlation study. The data was collected by observation. During the study, researchers used 64 respndents as a sample with *consecutive sampling techniques*. The data was analyzed by using *spearman* test.

Result : According to the data obtained, that out of 64 respondent the most common characteristic was medium adult as much as 70,3%, the most common gender was male with as much as 64,1%, the most common level of education achieved was Junior High School at as much were 32,8% with the most common type of work being enterpreneurial at 48.4%. The study also show, that 87,5% of respondents have a normal BMI and as much as 50,0% respondents have desirable cholesterol level.

Conclusion : There is relation between Body Mass Index and cholesterol level in hypertenive patients at Islamic Sultan Agung Hospital Semarang (0,010 p value < 0,05).

Keywords : BMI, Cholesterol Level, Hypertension
Bibliographies : 63 (2006 – 2016)