

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
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ABSTRAK

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HUBUNGAN POLA KONSUMSI LEMAK DAN STATUS OBESITAS SENTRAL DENGAN KADAR KOLESTEROL TOTAL PADA PASIEN PENYAKIT JANTUNG KORONER (Studi Observasional di Poli Jantung UPTDK RSUD dr. Soekardjo Kota Tasikmalaya Tahun 2024)

Cardiovascular Disease (CVD) merupakan penyebab kematian utama di dunia yang merupakan kelainan atau penyakit yang menyerang jantung dan pembuluh darah mencakup Penyakit Jantung Koroner (PJK), dan kondisi lainnya. Obesitas dan dislipidemia merupakan dua faktor risiko utama penyakit kardiovaskular. Penelitian ini bertujuan untuk menganalisis hubungan pola konsumsi lemak dan status obesitas sentral dengan kadar kolesterol total pada pasien penyakit jantung koroner di Poli Jantung UPTDK RSUD dr. Soekardjo Kota Tasikmalaya tahun 2024. Metode penelitian yang digunakan adalah observasional analitik dengan pendekatan *cross sectional*. Penentuan subjek penelitian dilakukan dengan teknik *quota sampling* yaitu sebanyak 102 subjek penelitian. Pengumpulan data pola konsumsi lemak dilakukan dengan wawancara menggunakan *Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ)*, data status obesitas sentral dilakukan dengan pengukuran lingkaran pinggang dan lingkaran panggul kemudian dihitung Rasio Lingkaran Pinggang-Panggul (RLPP), serta data kadar kolesterol total dilakukan dengan pemeriksaan darah sederhana menggunakan kolesterol meter. Teknik analisis data yang digunakan adalah Uji *Spearman Rank*. Hasil penelitian menunjukkan bahwa terdapat hubungan antara pola konsumsi lemak dengan kadar kolesterol total ($p = 0,000$, $r = 0,774$), serta terdapat hubungan antara status obesitas sentral dengan kadar kolesterol total ($p = 0,024$, $r = 0,224$). Kesimpulan dari penelitian ini adalah terdapat hubungan yang signifikan antara pola konsumsi lemak dengan kadar kolesterol total serta terdapat hubungan yang signifikan antara status obesitas sentral dengan kadar kolesterol total. Saran dari penelitian ini adalah subjek penelitian diharapkan dapat memperbaiki asupan dengan gizi seimbang, manajemen berat badan untuk mengurangi obesitas sentral, dan pemantauan rutin kadar kolesterol darah.

Kata Kunci: Pola Konsumsi Lemak, Obesitas Sentral, Kadar Kolesterol Total

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ABSTRACT

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RELATIONSHIP BETWEEN FAT CONSUMPTION PATTERNS AND CENTRAL OBESITY STATUS WITH TOTAL CHOLESTEROL LEVELS IN CORONARY HEART DISEASE PATIENTS (Observational Study at the Cardiac Clinic UPTDK RSUD dr. Soekardjo Tasikmalaya City in 2024)

Cardiovascular Disease (CVD) is the leading cause of death in the world, it is a disorder or disease that attacks the heart and blood vessels, including Coronary Heart Disease (CHD), and other conditions. Obesity and dyslipidemia are two major risk factors for cardiovascular disease. The purpose of this study was to analyze the relationship between fat consumption patterns and central obesity status with total cholesterol levels in coronary heart disease patients at the Cardiac Clinic UPTDK RSUD dr. Soekardjo Tasikmalaya City in 2024. The research method used in this study was observational analytic with a cross-sectional approach. The determination of the research subjects was carried out using the quota sampling technique, namely 102 research subjects. Fat consumption patterns data was collected by interviewing using the Semi Quantitative-Food Frequency Questionnaire (SQ-FFQ), central obesity status data was carried out by measuring waist circumference and hip circumference, which was then calculated as the Waist-Hip Ratio (WHR), and total cholesterol level data was carried out by simple blood measurements using a cholesterol meter. The data analysis technique used was the Spearman Rank Test. The results of the study showed that there was a relationship between fat consumption patterns and total cholesterol levels ($p = 0.000$, $r = 0.774$), and there was a relationship between central obesity status and total cholesterol levels ($p = 0.024$, $r = 0.224$). This study concludes that there is a significant relationship between fat consumption patterns and total cholesterol levels and there is a significant relationship between central obesity status and total cholesterol levels. This study suggests that research subjects are expected to improve their intake balanced nutrition, weight management to reduce central obesity and regularly monitoring of blood cholesterol levels.

Keywords: *Fat Consumption Patterns, Central Obesity, Total Cholesterol Levels*