

TANIA DIANA PUTRI

HUBUNGAN ASUPAN LEMAK, KONSUMSI BUAH DAN SAYUR, DAN PERSENTASE LEMAK TUBUH TERHADAP KADAR KOLESTEROL TOTAL KARYAWAN AIR TRAFFIC CONTROL (ATC) DI BANDARA SOEKARNO HATTA

ix,VI BAB, 100 Halaman, 17 Tabel.

ABSTRAK

Latar Belakang: Tidak terkontrolnya makan karyawan menyebabkan asupan lemak yang berlebih dan kurangnya konsumsi buah dan sayur. Kebiasaan yang tidak baik itu dapat membuat persentase lemak tubuh menjadi semakin meningkat. Banyaknya asupan berlemak memengaruhi kadar kolesterol di dalam tubuh. Peningkatan kadar kolesterol total yang melebihi batas optimal (>200 mg/dl) merupakan salah satu penyebab aterosklerosis yang akhirnya akan berdampak pada penyakit jantung koroner.

Tujuan: Mengetahui hubungan asupan lemak, asupan buah dan sayur, persentase lemak tubuh dengan kadar kolesterol total pada karyawan *Air Traffic Control* (ATC) di Soekarno Hatta.

Metode: Jenis penelitian ini menggunakan desain *cross-sectional* dengan menggunakan pendekatan kuantitatif, dengan sampel sebanyak 45 karyawan ATC unit *Area Control Service* (ACC). Analisis data yang digunakan dalam penelitian ini adalah uji kolerasi *Pearson* dan uji *rank Spearman*.

Hasil: Rata-rata responden berusia 41 tahun, sebagian besar responden yang didapat adalah laki-laki sebanyak 41 orang dan hanya 12 responden (26.8%) yang memiliki riwayat keturunan hiperkolesterol. Rata-rata asupan lemak responden dalam satu hari adalah 67.19 ± 23.12 gram, konsumsi buah 196.48 ± 120.53 gram, konsumsi sayur 100.71 ± 33.36 gram, dan persentase lemak tubuh sebesar 25%. Rata-rata kadar kolesterol total responden adalah 198.22 mg/dl. Hasil uji statistik menunjukkan adanya hubungan antara asupan lemak dengan kadar kolesterol total responden ($p \leq 0.05$). Namun tidak ada hubungan antara konsumsi buah dan sayur serta persentase lemak tubuh dengan kadar kolesterol total ($p > 0.05$).

Kesimpulan: Terdapat hubungan asupan lemak dengan kadar kolesterol total pada karyawan ATC. Diperlukannya upaya untuk menjalankan pola makan dan pola hidup yang sehat, serta rutin melakukan *medical check up* agar dapat mengurangi risiko terjadinya aterosklerosis akibat peningkatan kadar kolesterol total.

Kata kunci: Asupan Lemak, Karyawan, Kolesterol Total, Konsumsi Buah dan Sayur, Persentase Lemak Tubuh,

Daftar Bacaan: 76 (1998-2016)

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FATTY RELATIONSHIPS, CONSUMPTION OF FRUITS AND VEGETABLES, AND PERCENTAGE OF BODY FAT ON CHOLESTROL LEVELS IN AREA TRAFFIC CONTROL (ATC) AT AIRPORT SOEKARNO HATTA

ix,VI BAB, 100 pages, 17 Table.

ABSTRACT

Background: Uncontrolled eating of employees causes excessive fat intake and heavy consumption of fruits and vegetables. Bad habits can make increase the percentage of body fat. Fat intake can make an influence for levels of cholesterol. Increased total cholesterol levels exceeding the optimal limit (> 200 mg/dl) is one of the causes of atherosclerosis which will eventually have an impact on coronary heart disease.

Objective: To know the relation of fat intake, fruit and vegetable intake, body fat percentage with total cholesterol level on Air Traffic Control (ATC) employees at Soekarno Hatta.

Methods: This study used a cross-sectional design using a quantitative approach, with 45 sampel of ATC employees in Area Control Sevice (ACC) units. Data analysis used in this research is *Pearson* correlation and *rank Spearman*.

Result: Characteristic of respondent average 41 year old, where most of respondent who got is men counted 41 people and claimed only 12 respondents (26.8%) who have history of hypercholesterolemia. The average fat intake of respondents in one day was 67.19 ± 23.12 grams, fruit consumption 196.48 ± 120.53 grams, vegetable consumption 100.71 ± 33.36 grams, and body fat percentage of 25%. Averange value of total cholesterol level respondents was 198.22 mg/dl with the highest score of 265 mg/dl and the lowest score was 136 mg/dl. The results of statistical tests showed that there is relation between fat intake with total cholesterol levels of respondents ($p \leq 0.05$). But there is no relation between fruit and vegetable consumption and body fat percentage with total cholesterol ($p > 0.05$).

Conclusion: From the results of statistical tests showed a relationship between fat intake with total cholesterol levels of respondents. Required effort to doing healthy diet and good lifestyle, and routine medical check up in order to reduce the risk of atherosclerosis due to increase of total cholesterol level.

Keywords: Body Fat Percentage, Cholesterol, Employee, Fat intake Total, Fruit and Vegetable Consumption,

Reading List: 76 (1998-2016)