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PEMINATAN KESELAMATAN DAN KESEHATAN KERJA (K3)  
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Analisis Hiperkolesterolemia Pada Karyawan PT Intertek Utama Services Tahun 2017

113 halaman, 3 gambar, 36 tabel

### ABSTRAK

Tingginya kadar kolesterol dalam darah dapat menyebabkan berbagai penyakit seperti Penyakit Jantung Koroner (PJK), hipertensi dan stroke. Penelitian ini untuk menganalisis faktor-faktor risiko antara lain usia, riwayat hiperkolesterol, IMT (Indeks Masa Tubuh), RLPP (Rasio Lingkar Pinggang Pinggul), konsumsi buah dan sayur, merokok, aktifitas fisik dan stress terhadap kejadian hiperkolesterolemia di PT Intertek Utama Services. Desain penelitian yang digunakan adalah *cross sectional*, dengan sampel sebanyak 130 karyawan PT Intertek Utama Services yang melakukan *medical check up* rutin tertanggal 2 – 10 Agustus 2016. Pengumpulan data menggunakan kuesioner, *Global Physical Activity Questionnaire*, *Hamilton Anxiety Stress Scale (DASS 42)* dan *Food Frequency Questionnaire*. Data yang dikumpulkan berdasarkan laporan data sekunder yang *medical check up* tahun 2016. Analisa data menggunakan analisis *Chi Square* dan *Odd Ratio* digunakan untuk mengetahui hubungan antara faktor resiko dengan hiperkolesterolemia. Hasil penelitiannya menunjukkan bahwa prevalensi hiperkolesterolemia (total kolesterol  $\geq 200$  mg/dl) responden adalah 16.5%. Hasil dari analisis diperoleh nilai OR yang paling tinggi atau dominan adalah trigliserida yaitu sebesar (OR = 37,565), IMT (OR = 23,958), RLPP (OR = 12,600), HDL (OR = 7,855), LDL (OR = 7,692) dan usia (OR = 3,522) berhubungan dengan hiperkolesterolemia. Tidak terdapat hubungan hiperkolesterol dengan riwayat penyakit, konsumsi buah dan sayur, merokok aktifitas fisik, dan stress. Penelitian ini menyarankan memperhatikan berat ideal, meningkatkan aktifitas fisik, dengan menjalankan pola makan dan pola hidup yang sehat, serta rutin melakukan *medical check up*. Perusahaan disarankan meningkatkan progam dan fasilitas kebugaran yang sesuai untuk berbagai rentang usia, promosi kesehatan dan menyediakan kantin sehat.

Kata Kunci : Hiperkolesterolemia, pekerja, asupan makan, status gizi, stres kerja

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*Analysis of Hypercholesterol In PT Intertek Utama Services Employees By 2017*

111 page, 3 pictures, 36 tables

### **ABSTRACT**

High level cholesterol HDL could lead to variety of diseases such as Coronary Heart Disease (CHD), hypertension and stroke. The purpose of this study is to analyze risk factors age, BMI (Body Mass Index), history of disease, waist-hip ratio, HDL, LDL, Triglyceride, consumption of fruits and vegetables, smoking, physical activity and stress to hypercholesterolemia in Intertek Utama Services Company. A cross sectional study was conducted in 130 employees of PT Intertek Utama Services who received medical checkup during August 2 - 10 2016. The data were collected by questionnaire, Global Physical Activity Questionnaire, Hamilton Anxiety Stress Scale (DASS 42) dan Food Frequency Questionnaire. Data collected based on existing secondary data report on the medical check up the year 2016. Chi square and Odd Ratio procedures were used to assess the association between risk factors and hypercholesterolemia. The result reveals that the prevalence of hypercholesterolemia (total cholesterol  $\geq 200$  mg/dl) among respondent is 22,3%. Results obtained from analysis of the highest OR value or dominant is gender that is equal to triglyceride (OR = 37,565), BMI/IMT (OR = 23,958), waist-hip ratio (OR = 12,600), HDL (OR = 7,855), LDL (OR = 7,692), and age (OR = 3,522) were associated with hypercholesterolemia. There is no association of hypercholesterolemia with a history of disease, consumption of fruits and vegetables, smoking, physical activity and stress. This study suggests taking into account the ideal weight, increasing physical activity, by adopting a healthy diet and lifestyle, and routinely performing medical check ups. Companies are advised to improve appropriate fitness programs and facilities for different age ranges, promote health and provide healthy canteens.

**Keywords** : Hypercholesterolemia, employee, food consumption pattern, nutritional status, and work stress