

**Nama** : Yashinta Rosehardini  
**Program Studi** : Kesehatan Masyarakat  
**Judul** : Faktor-Faktor yang Berhubungan dengan Tingginya Kadar Kolesterol Total Pekerja *Catering* di PT. *The First Trijaya* Tahun 2018

#### ABSTRAK

Hasil *medical check up* pekerja *catering* PT. *The First Trijaya* tahun 2017 menunjukkan terdapat 75% pekerja *catering* memiliki kadar kolesterol total >200 mg/dL. Tujuan penelitian ini untuk mengetahui faktor-faktor yang berhubungan dengan tingginya kadar kolesterol total pekerja *catering* di PT. *The First Trijaya* Tahun 2018. Metode penelitian ini bersifat kuantitatif dengan pendekatan *cross sectional*. Penelitian ini dilakukan pada bulan Desember 2018. Pengambilan sampel sebanyak 96 responden. Pengumpulan data menggunakan kuesioner dan data *medical check up* tahun 2018. Uji bivariat menggunakan uji *chi-square*. Berdasarkan hasil uji *chi-square* menunjukkan bahwa 5 variabel antara lain kadar kolesterol total, riwayat genetik, umur, obesitas, dan kebiasaan merokok, terdapat hubungan antara riwayat genetik dengan kadar kolesterol total ( $p\text{-value} = 0,000, \alpha < 0,05$ ), tidak terdapat hubungan antara umur dengan kadar kolesterol total ( $p\text{-value} = 0,260, \alpha > 0,05$ ), terdapat hubungan antara obesitas dengan kadar kolesterol total ( $p\text{-value} = 0,001, \alpha < 0,05$ ), tidak terdapat hubungan antara kebiasaan merokok dengan kadar kolesterol total ( $p\text{-value} = 0,291, \alpha > 0,05$ ). Sebaiknya perusahaan perlu membuat pembaharuan menu rendah kolesterol, melakukan *medical check up* yang lebih mendalam tentang riwayat genetik serta lebih memperketat *punishment* pada pekerja *catering* yang masih memiliki kadar kolesterol tinggi.

**Kata kunci** : Faktor-Faktor, Kadar Kolesterol Tinggi, Katering  
viii + 81 halaman; 18 tabel  
**Daftar Pustaka**: 68 (2002-2018)

**Name : Yashinta Rosehardini**  
**Study Program : Public Health**  
**Title : Factors Associated with Height Cholesterol Levels Total Catering Workers at PT. The First Trijaya in 2018**

#### **ABSTRACT**

The results of medical check-up catering workers PT. The First Trijaya in 2017 shows that 75% of catering workers have a total cholesterol level of  $> 200$  mg / dL. The purpose of this study is to determine the factors associated with high total cholesterol levels catering workers at PT. The First Trijaya Year 2018. The method of this research is quantitative with a cross sectional approach. This research was conducted in December 2018. Sampling was 96 respondents. Data collection uses questionnaires and medical check-up data in 2018. Bivariate tests use the chi-square test. Based on the results of the chi-square test showed that 5 variables included total cholesterol levels, genetic history, age, obesity, and smoking habits, there was a relationship between genetic history and total cholesterol levels ( $p\text{-value} = 0,000, \alpha < 0,05$ ), there is no relationship between age and total cholesterol levels ( $p\text{-value} = 0.260, \alpha > 0.05$ ), there is a relationship between obesity and total cholesterol levels ( $p\text{-value} = 0.001, \alpha < 0.05$ ), there is no relationship between habits smoking with total cholesterol levels ( $p\text{-value} = 0.291, \alpha > 0.05$ ). The company should make a renewal of a low cholesterol menu, conduct a more in-depth medical check-up on genetic history and further tighten the punishment of catering workers who still have high cholesterol levels.

**Keywords: Factors, High Cholesterol Levels, Catering**  
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**Bibliography: 68 (2002-2018)**