

## ABSTRAK

Judul : Hubungan Kebiasaan Olahraga, Rasio Lingkar Pinggang Pinggul, Pola Konsumsi, Tingkat Kecukupan Serat, dan Kebiasaan Merokok dengan Kadar Kolesterol Total Pasien Poliklinik Jantung  
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**XII, VI BAB, 95 Halaman, 19 Tabel, 11 Lampiran**

**Latar Belakang:** Kadar kolesterol yang tinggi merupakan 56% faktor yang berkontribusi besar dalam penyebab terjadinya PJK. Penyakit jantung koroner (PJK) adalah penyakit jantung dan pembuluh darah yang disebabkan karena penyempitan arteri koroner.

**Tujuan:** Mengetahui hubungan kebiasaan olahraga, RLPP, pola konsumsi, tingkat kecukupan serat, dan kebiasaan merokok dengan kadar kolesterol total pasien poliklinik jantung RSUD Banten.

**Metode:** Jenis penelitian ini menggunakan desain *cross sectional*, dengan sampel sebanyak 96 responden yaitu pasien poliklinik jantung. Analisis data yang digunakan dalam penelitian ini adalah uji *Chi-Square*. Penelitian ini dilakukan pada bulan Januari 2019.

**Hasil:** Responden dengan status gizi normal sebanyak 66.70%, responden yang mengonsumsi obat penurun kolesterol sebanyak 55.2%. Responden dengan kadar kolesterol normal sebanyak 53.10%, responden dengan kebiasaan olahraga sebanyak 56.25%, responden dengan RLPP beresiko sebanyak 70.8%. Responden dengan pola konsumsi baik sebanyak 69.8%. Responden dengan asupan serat cukup sebanyak 48.5%. responden tidak merokok sebanyak 66.70%. Terdapat hubungan antara kebiasaan olahraga, rasio lingkar pinggang pinggul, pola konsumsi, tingkat kecukupan serat, terhadap kadar kolesterol total ( $p < 0,05$ ). sedangkan tidak terdapat hubungan antara kebiasaan merokok terhadap kadar kolesterol total ( $p > 0,05$ ).

**Kesimpulan:** Pada pasien poliklinik Jantung RSUD Banten kebiasaan olahraga, RLPP, pola konsumsi, dan tingkat kecukupan serat, mempengaruhi kadar kolesterol total sedangkan kebiasaan merokok tidak mempengaruhi kadar kolesterol total.

**Kata Kunci:** Kebiasaan Olahraga, RLPP, Pola Konsumsi, Tingkat Kecukupan Serat, Kebiasaan Merokok, Kadar Kolesterol Total

**Daftar Bacaan:** 84 (1996-2017)

## ABSTRACT

Title : The Relationship of Sports Habits, Circumference Waist Hip Ratio, Consumption Pattern, Level of Fiber Adequacy, and Smoking Habits with Total Cholesterol Levels Heart Polyclinic Patients

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### XII, VI CHAPTER, 95 Pages, 19 Tables, 11 Appendix

**Background:** High cholesterol levels constitute 56% of the factors that contribute greatly to the cause of CHD. Coronary heart disease (CHD) is a disease of the heart and blood vessels caused by narrowing of the coronary arteries.

**Objective:** to analyze the relationship of sports habits, circumference waist hip ratio, consumption pattern, level of fiber adequacy, and smoking habits with total cholesterol levels heart polyclinic patients RSUD Banten.

**Research Methods:** This type of research uses a cross sectional design, with a sample of 96 respondents namely heart polyclinic patients. Analysis of the data used in this study is the Chi-square test. This research was conducted in January 2019.

**Results:** Respondents with normal nutritional status were 66.70%, respondents who consumed cholesterol-lowering drugs were 55.2%. Respondents with normal cholesterol levels were 53.10%, respondents with exercise habits were 56.25%, respondents with RLPP were at a risk of 70.8%. Respondents with good consumption patterns were 69.8%. Respondents with enough fiber intake were 48.5%. respondents did not smoke as much as 66.70%. There was a relationship between exercise habits, hip waist circumference ratio, consumption pattern, fiber adequacy level, to total cholesterol levels ( $p < 0.05$ ). There is no relationship between smoking habits on total cholesterol levels ( $p > 0.05$ ).

**Conclusion:** Based on the results of this study patients at the Heart polyclinic in Banten Hospital. Sports habits, RLPP, consumption pattern, and level of fiber adequacy, affect total cholesterol levels, while smoking does not affect total cholesterol levels.

**Keyword:** Sports Habits, Rlpp, Consumption Pattern, Level Of Fiber Adequacy, Smoking Habits, Total Cholesterol Levels.

**Reading List:** 84 (1996-2017)