

ABSTRAK

Judul : **Hubungan Frekuensi Mengonsumsi *Junk Food*, Aktivitas Fisik, Asupan Karbohidrat Sederhana Dan Kadar Kolesterol Total Pada Karyawan Universitas Esa Unggul**

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Program Studi : **Gizi**

VI Bab, 135 Halaman, 15 Tabel, 3 Gambar, 11 Lampiran

Latar Belakang: Seiring berkembangnya jaman dan modernisasi menyebabkan perubahan pola dan gaya hidup, seperti makanan cepat saji semakin populer dan semakin diminati oleh masyarakat terutama karyawan di Universitas Esa Unggul. Mengonsumsi *junk food*, karbohidrat sederhana dan kurangnya aktifitas fisik mengakibatkan tingginya kadar kolesterol darah. **Tujuan:** mengetahui hubungan frekuensi mengonsumsi *junk food*, aktifitas fisik dan asupan karbohidrat sederhana kadar kolesterol total pada karyawan Universitas Esa Unggul. **Metode :** Desain penelitian ini *cross sectional* (potong lintang). Populasi penelitian ini adalah seluruh karyawan Universitas Esa Unggul dengan sampel sebanyak 60 responden. Data yang dikumpulkan frekuensi mengonsumsi mengonsumsi *junk food*, asupan karbohidrat sederhana, aktifitas fisik dan kadar kolesterol total yang dilakukan oleh peneliti dan tenaga yang sudah dilatih. Analisis data penelitian ini menggunakan korelasi *pearson*. **Hasil :** rata-rata mengonsumsi *junk food* ($95,7 \pm 64,96$), aktifitas fisik ($1,67 \pm 0,21$), asupan karbohidrat sederhana ($77,64 \pm 32,91$) dan kadar kolesterol total ($184,7 \pm 36,25$). Terdapat hubungan mengonsumsi *junk food* ($p = 0,0001$), asupan karbohidrat sederhana ($0,006$) dan kadar kolesterol total. Namun, ada hubungan yang lemah antara aktifitas fisik dan kadar kolesterol total ($p = 0,167$). **Kesimpulan:** mengonsumsi *junk food*, dan asupan karbohidrat sederhana merupakan faktor yang mempengaruhi kadar kolesterol total. Karyawan untuk lebih memperhatikan makanan yang dikonsumsi seperti *junk food*, asupan karbohidrat sederhana dan aktivitas fisik yang masih kurang itu dapat meningkatkan kadar kolesterol total dalam tubuh.

Kata kunci: mengonsumsi *junk food* karyawan, aktivitas fisik karyawan, asupan karbohidrat sederhana karyawan, kadar kolesterol total karyawan

ABSTRACT

Title : *Frequency Relationship Eating Junk Food, Physical Activity, Simple Carbohydrate Intake and Total Cholesterol Levels In Esa Unggul University Employees*

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Study program : *Nutrition*

VI Chapters, 135 Pages, 15 Tables, 3 Graphs, 11 Attachments

Background: *Along the development era and modernization led to changes in the pattern and lifestyle, such as fast food is increasingly popular and increasingly in demand by the public, especially the employees at Esa Unggul University. Eating junk food, simple carbohydrates and lack of physical activity leads to high blood cholesterol levels. Objective: To determine the relationship of the frequency of eating junk food, physical activity and intake of simple carbohydrates in total cholesterol levels in employees Esa Unggul University. Method : This cross-sectional study design (cross-sectional). The study population was all employees Esa Unggul University with a sample of 60 respondent. Data collected eating frequencyjunk food, simple carbohydrate intake, physical activity and total cholesterol levels by researchers and personnel that have been trained. This study data analysis using Pearson correlation. Results: average consumption junk food (95.7 ± 64.96), Physical activity (1.67 ± 0.21), The intake of simple carbohydrates (77.64 ± 32.91) And total cholesterol (184.7 ± 36.25). An association was eating junk food ($p = 0.0001$), the intake of simple carbohydrates (0.006) and total cholesterol levels. However, there is a weak correlation between physical activity and total cholesterol ($p = 0.167$). Conclusion: eat junk food, and intake of simple carbohydrates are factors that affect total cholesterol levels. Employees to pay more attention to the food that is consumed as junk food, simple carbohydrate intake and physical activity is lacking it can increase total cholesterol levels in the body.*

Keywords: *consume employee junk food, employee physical activity, employee simple carbohydrate intake, employee total cholesterol level*