

ABSTRACT



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SCIENCE FACULTY OF HEALTH
NUTRITIONAL SCIENCE PROGRAM STUDY
ESSAY, 2016

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RELATIONSHIP BETWEEN FIBER INTAKE, NIACIN INTAKE AND LEVELS OF LDL AND HDL CHOLESTEROL IN HEART GYMNASTICS PARTICIPANT IN THE HEART OF THE INDONESIAN SPECIAL FOUNDATION MONAS 2016

Introduction : Heart disease is a condition where the heart can not serve properly. Heart disease is the most feared diseases in the world because in a single day thousands and even millions of people last breath due to heart disease.

Objective : Knowing the relationship intake of fiber, niacin, and LDL and HDL in the heart of the participants in the Indonesian Heart Foundation special monument in 2016.

Methods : This research is quantitative with cross sectional design. This research was conducted in May 2016. The sample in this study were all women participants as many as 32 people. Data were analyzed by Pearson product moment correlation test.

Results : The result showed 32 respondents, the average LDL cholesterol in participants 149.03 mg/dl with SD 30.88 mg/dl, and average HDL levels by 44.97 mg /dl with SD 11.61 mg/dl, the average intake of fiber 36.76 g with SD 10.970 g and an average of 25.14 mg niacin intake and SD 10.532 mg. The results showed no significant relationship with p value = 0.000 (<0.05), the variable intake of fiber, niacin intake and LDL and HDL cholesterol levels in heart gymnastics participants in the Indonesian Heart Foundation Special monument in 2016.

Conclusion : It necessary to increase education on nutrition about the important of food consumption that contains fiber and niacin to increase the level of HDL and decrease the LDL level for the cardiac aerobic members, those who still have high LDL and HDL levels

Keywords : fiber intake, niacin intake, LDL and HDL levels