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**Profil Kadar Kolesterol Total Pasien Rawat Jalan Di Puskesmas Sukaraja
Kota Bandar Lampung Tahun 2021**

vii + 20 Halaman + 7 Tabel + 2 Gambar + Lampiran

ABSTRAK

Kolesterol merupakan komponen esensial membran struktural semua sel dan merupakan komponen utama sel otak dan syaraf. Kolesterol terdapat dalam konsentrasi tinggi dalam jaringan kelenjar dan di dalam hati dimana kolesterol disintesis dan disimpan. Tujuan penelitian mengetahui Profil Kadar Kolesterol Total Pasien Rawat Jalan Di Puskesmas Sukaraja Kota Bandar Lampung Tahun 2021. Jenis penelitian adalah deskriptif. Desain penelitian adalah *cross sectional*. Sampel pada penelitian ini adalah diambil dari seluruh populasi yang berjumlah 250 pasien. Hasil penelitian didapatkan kadar kolesterol total rata-rata kadar 218,40 mg/dl, nilai tertinggi kadar kolesterol total 418 mg/dl, dan nilai terendah kadar kolesterol total 98 mg/dl. Distribusi frekuensi kadar kolesterol total berdasarkan usia tahun 2021 didapatkan kadar kolestrol total tertinggi yaitu 418 mg/dl pada kelompok usia 55-64 tahun dengan rata-rata kadar kolesterol total yaitu 231,49 mg/dl dan nilai terendahnya yaitu 104 mg/dl. Distribusi frekuensi kadar kolesterol total berdasarkan jenis kelamin tahun 2021 didapatkan pada laki-laki rata-rata kadar kolesterol total yaitu 203 mg/dl, nilai tertinggi 315 mg/dl, nilai terendah 108 mg/dl, dan pada perempuan didapatkan rata-rata kadar kolesterol total yaitu 223,33 mg/dl, nilai tertinggi 418 dan nilai terendah 98 mg/dl, Persentase kadar kolesterol total normal jenis kelamin laki-laki berjumlah 29 orang (47,5%), persentase kadar kolesterol normal jenis kelamin perempuan berjumlah 52 orang (27,5%), persentase kadar kolesterol tidak normal jenis kelamin laki-laki berjumlah 32 orang (52,5%), persentase kadar kolesterol tidak normal jenis kelamin perempuan berjumlah 137 orang (72,5%)

Kata Kunci: Kolesterol, HDL, Lemak
Daftar Bacaan : 7 (2004-2021)

**ANJUNG KARANG HEALTH POLYTECHNIC
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Profile of Total Cholesterol Levels of Outpatient Patients at the Sukaraja Health Center in Bandar Lampung City in 2021

vii + 20 Pages + 7 Tables + 2 Figures + Attachments

ABSTRACT

Cholesterol is an essential component of the structural membranes of all cells and is a major component of brain and nerve cells. Cholesterol is present in high concentrations in glandular tissue and in the liver where it is synthesized and stored. The aim of this study was to determine the profile of total cholesterol levels for outpatients at the Sukaraja Health Center in Bandar Lampung City in 2021. The type of research is descriptive. The research design is cross sectional. The sample in this study was taken from the entire population of 250 patients. The results showed that the average total cholesterol level was 218.40 mg/dl, the highest total cholesterol level was 418 mg/dl, and the lowest total cholesterol level was 98 mg/dl. The frequency distribution of total cholesterol levels based on age in 2021 obtained the highest total cholesterol level, namely 418 mg/dl in the age group 55-64 years with an average total cholesterol level of 231.49 mg/dl and the lowest value, namely 104 mg/dl. Frequency distribution of total cholesterol levels by gender in 2021 was found for men with an average total cholesterol level of 203 mg/dl, the highest value was 315 mg/dl, the lowest value was 108 mg/dl, and in women the average cholesterol level was the total was 223.33 mg/dl, the highest value was 418 and the lowest value was 98 mg/dl. The percentage of normal total cholesterol levels for men was 29 people (47.5%), the percentage for normal cholesterol levels for women was 52 people (27.5%), the percentage of abnormal cholesterol levels for the male sex was 32 people (52.5%), the percentage of abnormal cholesterol levels for the female sex was 137 people (72.5%)

Keywords: Cholesterol, HDL, Fat
Reading List : 7 (2004-2021)