

**POLITEKNIK KESEHATAN TANJUNG KARANG
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GAMBARAN KADAR KOLESTEROL TOTAL PADA PASIEN LAKI-LAKI DI PUSKESMAS HAJIMENA LAMPUNG SELATAN TAHUN 2020-2021

Xviii + 56 Halaman , 2 Gambar + dan 9 Lampiran

ABSTRAK

Kolesterol merupakan komponen esensial membran struktur semua sel dan merupakan komponen utama sel otak dan syaraf. Kolesterol total adalah jumlah kolesterol yang dibawa dalam semua partikel pembawa kolesterol dalam darah termasuk HDL, LDL dan VLDL. Pemeriksaan kolesterol merupakan salah satu pemeriksaan profil lipid yang cukup penting bagi masyarakat. Sekitar 75% kolesterol dalam darah diproduksi oleh hati dan sel-sel dalam tubuh. Kadar kolesterol normal dalam tubuh adalah 200 mg/dl. Tujuan penelitian untuk mengetahui gambaran kadar kolesterol total pada laki-laki di Puskesmas Hajimena Kecamatan Natar Tahun 2020-2021. Jenis penelitian deskriptif, sampel penelitian berjumlah 81 pasien. Penelitian dilaksanakan bulan Mei-Juli 2022. Hasil penelitian didapatkan kadar kolesterol total tahun 2020 rata-rata 196.62 mg/dL nilai tertinggi 388 (mg/dL), dan nilai terendah 120 (mg/dL), dan pada tahun 2021 kadar kolesterol total rata-rata 175.62 mg/dL, nilai tertinggi 249 (mg/dL), dan nilai terendah 50 (mg/dL). Pada usia 45-54 tahun kadar kolesterol total rata-rata 178.6 mg/dL, pada usia 54-65 tahun kadar kolesterol total rata-rata 174.31 mg/dL, Persentase pasien laki-laki dengan kadar kolesterol total normal pada tahun 2020 berjumlah 30 orang (60%) dan tidak normal berjumlah 20 orang (40%) dan pada tahun 2021 kadar kolesterol total normal berjumlah 21 orang (67.7%) dan tidak normal berjumlah 10 orang (32.3%).

Kata Kunci : Kolesterol Total, Laki-laki.

Daftar Bacaan : 15 (2002-2019)

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DESCRIPTION OF TOTAL CHOLESTEROL LEVELS IN MALE PATIENTS
AT HAJIMENA HEALTH CENTER, SOUTH LAMPUNG, 2020-2021

Xviii + 56 Pages, 2 Images + and 9 Attachments

ABSTRACT

Cholesterol is an essential component of the structural membranes of all cells and is the main component of brain and nerve cells. Total cholesterol is the amount of cholesterol carried in all cholesterol-carrying particles in the blood including HDL, LDL and VLDL. Cholesterol examination is one of the lipid profile examinations which is quite important for society. Around 75% of cholesterol in the blood is produced by the liver and cells in the body. Normal cholesterol levels in the body are 200 mg/dl. The aim of the research was to determine the description of total cholesterol levels in men at the Hajimena Health Center, Natar District in 2020-2021. Descriptive research type, the research sample consisted of 81 patients. The research was carried out in May-July 2022. The research results showed that the total cholesterol level in 2020 was an average of 196.62 mg/dL, the highest value was 388 (mg/dL), and the lowest value was 120 (mg/dL), and in 2021 the total cholesterol level was the average -average 175.62 mg/dL, highest value 249 (mg/dL), and lowest value 50 (mg/dL). At the age of 45-54 years the average total cholesterol level is 178.6 mg/dL, at the age of 54-65 years the average total cholesterol level is 174.31 mg/dL. The percentage of male patients with normal total cholesterol levels in 2020 is 30 people (60%) and abnormal totaling 20 people (40%) and in 2021 total normal cholesterol levels amounting to 21 people (67.7%) and abnormal totaling 10 people (32.3%).

Keywords: Total Cholesterol, Men.

Reading List: 15 (2002-2019)