

**POLTEKKES KEMENKES TANJUNGGARANG**  
**PROGRAM STUDI TEKNOLOGI LABORATORIUM MEDIS**  
**PROGRAM SARJANA TERAPAN**  
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**Hubungan Indeks Massa Tubuh (IMT) Dengan Kadar Kolesterol Pada Mahasiswa Jurusan Teknologi Laboratorium Medis Poltekkes Kemenkes Tanjungkarang**

xv + 30 halaman, 8 tabel, dan 17 lampiran

**ABSTRAK**

Indeks Massa Tubuh (IMT) adalah parameter yang digunakan untuk memantau status gizi orang dewasa, dalam kaitannya dengan kekurangan atau kelebihan berat badan. IMT yang meningkat menandakan bahwa sejumlah besar lemak telah disimpan di dalam tubuh. IMT yang tinggi dapat disertai dengan peningkatan kadar kolesterol. Peningkatan kadar kolesterol dalam sirkulasi darah dikenal sebagai hiperkolesterolemia. Tujuan penelitian ini untuk mengetahui hubungan antara indeks massa tubuh dengan kadar kolesterol pada mahasiswa jurusan Teknologi Laboratorium Medis Poltekkes Kemenkes Tanjungkarang. Jenis penelitian ini adalah analitik dengan desain *cross sectional*. Jumlah populasi 144 mahasiswa dengan sampel penelitian sebanyak 59 responden sesuai kriteria inklusi. Pengambilan sampel dilakukan di Laboratorium Kimia Klinik Poltekkes Kemenkes Tanjungkarang dan pemeriksaan kolesterol dilakukan di Laboratorium Patologi Klinik RS Pertamina Bintang Amin pada bulan April-Mei 2024. Hasil penelitian diketahui responden laki-laki 15 orang dan perempuan 44 orang. Rata-rata usia mahasiswa yaitu 20 tahun, rata-rata indeks massa tubuh mahasiswa yaitu 21,6 dan rata-rata kadar kolesterol mahasiswa yaitu 203,02 mg/dl. Analisis bivariat menggunakan uji korelasi *spearman* menunjukkan nilai p value = 0,784 yang berarti tidak ada hubungan yang signifikan antara indeks massa tubuh dengan kadar kolesterol pada mahasiswa jurusan Teknologi Laboratorium Medis Poltekkes Kemenkes Tanjungkarang.

Kata Kunci : IMT, Kadar Kolesterol  
Daftar Bacaan : 34 (2001-2023)

**TANJUNGPURWA MINISTRY OF HEALTH POLYTECHNIC  
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***The Relationship Between Body Mass Index (BMI) and Cholesterol Levels in Medical Laboratory Technology Students, Health Polytechnic Ministry of Health Tanjungpurwa***

*xv + 30 pages, 8 tables, and 17 Attachment*

**ABSTRACT**

*Body Mass Index (BMI) is a parameter used to monitor the nutritional status of adults, in relation to being underweight or overweight. An increased BMI indicates that a large amount of fat has been stored in the body. A high BMI can be accompanied by an increase in cholesterol levels. Increased cholesterol levels in the blood circulation is known as hypercholesterolemia. The aim of this research was to determine the relationship between body mass index and cholesterol levels in students majoring in Medical Laboratory Technology, Health Polytechnic, Ministry of Health, Tanjungpurwa. This type of research is analytical with a cross sectional design. The total population was 144 students with a research sample of 59 respondents according to the inclusion criteria. Sampling was carried out at the Clinical Chemistry Laboratory of the Tanjungpurwa Ministry of Health Polytechnic and cholesterol examination was carried out at the Clinical Pathology Laboratory of Pertamina Bintang Amin Hospital in April-May 2024. The results of the research revealed that there were 15 male respondents and 44 female respondents. The average age of students is 20 years, the average body mass index of students is 21.6 and the average cholesterol level of students is 203.02 mg/dl. Bivariate analysis using the Spearman correlation test showed a p value = 0.784, which means there is no significant relationship between body mass index and cholesterol levels in students majoring in Medical Laboratory Technology, Health Polytechnic, Ministry of Health, Tanjungpurwa.*

**Keywords** : BMI, Cholesterol Levels

**Reading List** : 34 (2001-2023)