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**HUBUNGAN KADAR TRIGLISERIDA DENGAN TEKANAN DARAH
PADA PASIEN RIWAYAT HIPERTENSI PROLANIS
DI PUSKESMAS FAJAR BULAN**

xvi + 34 halaman, 2 gambar, 8 tabel dan 16 lampiran

ABSTRAK

Hipertensi atau tekanan darah tinggi, didefinisikan sebagai peningkatan tekanan di dalam pembuluh darah yang berkelanjutan oleh Organisasi Kesehatan Dunia (WHO). Tujuan penelitian untuk mengetahui hubungan kadar trigliserida dengan tekanan darah pada pasien dengan riwayat hipertensi prolanis di Puskesmas Fajar Bulan. Berdasarkan hasil survey yang dilakukan di Puskesmas Fajar Bulan data pasien prolanis sampai dengan Desember 2023 adalah 217 orang dengan rincian sebanyak 145 (66,8%) penderita hipertensi. Rancangan penelitian yang digunakan analitik dengan menggunakan pendekatan *cross sectional*. Variabel bebas yaitu trigliserida dan variabel terikat tekanan darah pada pasien prolanis. Penelitian dilakukan di Puskesmas Fajar Bulan Kecamatan Way Tenong Kabupaten Lampung Barat. Sampel penelitian ini sebanyak 90 responden. Hasil uji deskriptif karakteristik responden tekanan darah memiliki hipertensi ringan sebanyak 70 orang atau 77,8%, sedangkan berdasarkan kadar trigliserida dengan katagori normal sebesar 38 orang atau 42,2%. Hasil penelitian ini menunjukkan bahwa tidak terdapat hubungan antara kadar trigliserida dengan tekanan darah pada pasien dengan riwayat prolanis di puskesmas fajar bulan. Pengujian hipotesis dilakukan dengan uji korelasi spearman. Uji kolerasi spearman didapatkan hasil nilai p 0,081 ($p > 0,005$) yang menunjukkan bahwa kadar trigleserida tidak memiliki hubungan signifikan dengan tekanan darah.

Kata Kunci : Trigliserida, Tekanan Darah, Prolanis
Daftar Bacaan : 26 (2019-2023)

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**THE RELATIONSHIP OF TRIGLYCERIDE LEVELS AND BLOOD
PRESSURE IN PATIENTS WITH A HISTORY OF PROLANIS
HYPERTENSION AT THE FAJAR BULAN HEALTH CENTER**

xvi + 34 pages, 2 figures, 8 tables and 16 appendices

ABSTRACT

Hypertension or high blood pressure, is defined as a sustained increase in pressure in the blood vessels by the World Health Organization (WHO). The aim of the study was to determine the relationship between triglyceride levels and blood pressure in patients with a history of prostrate hypertension at the Fajar Bulan Community Health Center. Based on the results of a survey conducted at the Fajar Bulan Community Health Center, data on prolanis patients as of December 2023 was 217 people, with details of 145 (66.8%) suffering from hypertension. The research design used was analytical using a cross sectional approach. The independent variables are triglycerides and the dependent variable is blood pressure in prolanis patients. The research was conducted at the Fajar Bulan Community Health Center, Way Tenong District, West Lampung Regency. The sample for this research was 90 respondents. The descriptive test results of blood pressure characteristics of respondents had mild hypertension as many as 70 people or 77.8%, while based on triglyceride levels in the normal category it was 38 people or 42.2%. The results of this study indicate that there is no relationship between triglyceride levels and blood pressure in patients with a history of prolanis at the Fajar Bulan Community Health Center. Hypothesis testing was carried out using the Spearman correlation test. The Spearman correlation test resulted in a p value of 0.081 ($p > 0.005$) which shows that triglyceride levels do not have a significant relationship with blood pressure.

Keywords: Triglycerides, Blood Pressure, Prolanis
Reading List: 26 (2019-2023)