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**Gambaran Kadar Kolesterol Total Pada Lansia Di RSUD Zainal Abidin
Pagar Alam Waykanan Tahun 2021**

xiv + 22 halaman, 4 tabel, 3 gambar, 7 lampiran

ABSTRAK

Kolesterol merupakan salah satu komponen lemak. Kolesterol banyak diderita oleh para lansia dikarenakan pada usia semakin tua aktifitas fisik cenderung berkurang atau kurangnya olahraga. Dengan aktifitas fisik dan olahraga yang kurang dapat memungkinkan pada usia tua kolesterol yang ada tidak dapat mengalami proses metabolisme dan pembakaran yang sempurna. Penelitian ini bertujuan untuk mengetahui Gambaran Kadar Kolesterol Total Pada Lansia di RSUD Zainal Abidin Pagar Alam Waykanan Tahun 2021, jenis penelitian bersifat deskriptif. Populasi pada penelitian ini adalah semua pasien lansia yang melakukan pemeriksaan kadar kolesterol total. Sampel penelitian diambil dari semua populasi sebanyak 190 sampel lansia yang memeriksakan kadar kolesterol total. Hasil penelitian diketahui bahwa kadar kolesterol total rata-rata pada laki-laki adalah 179 mg/dl dengan kadar kolesterol terendah sebesar 120 mg/dl dan kadar kolesterol tertinggi sebesar 329 mg/dl. Sedangkan pada perempuan kadar kolesterol total rata-rata adalah 189 mg/dl dengan kadar kolesterol terendah sebesar 121 mg/dl dan kadar kolesterol tertinggi sebesar 310 mg/dl. Hasil kadar kolesterol total rata-rata pada Lansia di RSUD Zainal Abidin Pagar Alam Waykanan adalah 184 mg/dl, kadar kolesterol terendah adalah 120 mg/dl dan kadar kolesterol tertinggi 329 mg/dl. Dan persentase kadar kolesterol total dari 100 pasien laki laki sebanyak 76(76%) pasien mempunyai kadar kolesterol normal dan 24(24%) pasien mempunyai kadar kolesterol diatas normal. Sedangkan dari 90 pasien perempuan, sebanyak 59(66%) pasien mempunyai kadar kolesterol normal dan 31(34%) mempunyai kadar kolesterol total diatas normal. Total lansia yang mempunyai kadar kolesterol total normal sebanyak 71% dan lansia yang mempunyai kadar kolesterol total diatas normal sebanyak 29%

Kata Kunci : Lansia, Kolesterol Total

Daftar Bacaan : 28 (2003-2021)

**TANJUNGPURANG HEALTH POLYTECHNIC
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**Overview of Total Cholesterol Levels in the Elderly at Zainal Abidin
Hospital Pagar Alam Waykanan in 2021**

xiv + 22 pages, 4 tables, 3 pictures, 7 attachments

ABSTRACT

Cholesterol is a component of fat. Cholesterol is suffered by a lot of the elderly because at an older age physical activity tends to decrease or lack of exercise. With less physical activity and exercise, it is possible that in old age the existing cholesterol cannot undergo a complete metabolic and burning process. This study aims to determine the description of total cholesterol levels in the elderly at Zainal Abidin Hospital Pagar Alam Waykanan in 2021, this type of research is descriptive. The population in this study were all elderly patients who had total cholesterol levels checked. The research sample was taken from the entire population of 190 samples of the elderly who had their total cholesterol levels checked. The results showed that the average total cholesterol level in men was 179 mg/dl with the lowest cholesterol level being 120 mg/dl and the highest cholesterol level being 329 mg/dl. While in women the average total cholesterol level was 189 mg/dl with the lowest cholesterol level of 121 mg/dl and the highest cholesterol level of 310 mg/dl. The results of the average total cholesterol level in the elderly at Zainal Abidin Hospital Pagar Alam Waykanan was 184 mg/dl, the lowest cholesterol level was 120 mg/dl and the highest cholesterol level was 329 mg/dl. And the percentage of total cholesterol levels from 100 male patients as many as 76 (76%) patients had normal cholesterol levels and 24 (24%) patients had cholesterol levels above normal. Meanwhile, from 90 female patients, 59 (66%) patients had normal cholesterol levels and 31 (34%) had above normal total cholesterol levels. The total elderly who have normal total cholesterol levels are 71% and the elderly who have total cholesterol levels above normal are 29%

Keywords : Elderly, Total Cholesterol

Reading List : 28 (2003-2021)