

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN ANALIS KESEHATAN PRODI TEKNOLOGI
LABORATORIUM MEDIS PROGRAM SARJANA TERAPAN
Skripsi, Juni 2021

Ananda Putri Pravita Bellava

Hubungan Antara Kadar Kolesterol dengan Kejadian Hipertensi

xv+ 28 halaman, 3 tabel, 1 gambar dan 5 lampiran

ABSTRAK

Hipertensi merupakan penyebab utama stroke, gagal jantung, dan gagal ginjal. Menurut WHO saat ini prevalensi hipertensi secara global sebesar 22% dari total penduduk dunia. Kurangnya aktifitas fisik dan mengonsumsi makanan tinggi lemak dapat meningkatkan kadar kolesterol dalam darah yang menjadi faktor risiko hipertensi. Kadar kolesterol yang melebihi batas normal akan menyebabkan aterosklerosis. Tekanan darah yang lebih besar diperlukan untuk menekan darah melalui pembuluh darah yang sempit ini dan menyebabkan hipertensi. Tujuan penelitian ini adalah untuk mengetahui distribusi frekuensi kadar kolesterol pada penderita hipertensi dan mengetahui hubungan antara kadar kolesterol dengan kejadian hipertensi. Jenis penelitian ini adalah studi pustaka menggunakan 15 artikel ilmiah yang terpublikasi secara nasional dan internasional. Hasil studi pustaka yang dilakukan pada 15 artikel didapatkan rata-rata kadar kolesterol berkisar antara 173,29 mg/dL – 247,44 mg/dL, kadar maksimum kolesterol berkisar antara 284 mg/dL – 388 mg/dL, dan kadar minimum kolesterol berkisar antara 82 mg/dL – 110 mg/dL pada penderita hipertensi. Sebanyak 14 artikel menyatakan adanya hubungan kadar kolesterol dengan kejadian hipertensi dan 1 artikel menyatakan bahwa tidak terdapat hubungan antara kadar kolesterol dengan kejadian hipertensi.

Kata Kunci : Kadar Kolesterol, Hipertensi

Daftar bacaan : 32 (2000-2020)

POLYTECHNIC HEALTH OF TANJUNG KARANG
DEPARTMENT OF HEALTH ANALYSIS MEDICAL LABORATORY
TECHNOLOGY PROGRAM APPLIED GRADUATE PROGRAM
Essay, June 2021

Ananda Putri Pravita Bellava

Relationship Between Cholesterol Levels And Hypertension Events

xv+ 28 pages, 3 tables, 1 picture dan 5 attachments

ABSTRACT

Hypertension is a major cause of stroke, heart failure, and kidney failure. According to WHO, the prevalence of hypertension globally is 22% of the total world population. Lack of physical activity and eating high-fat foods can increase cholesterol levels in the blood which is a risk factor for hypertension. Cholesterol levels that exceed normal limits will cause atherosclerosis. Greater blood pressure is needed to push blood through these narrow blood vessels and cause hypertension. The purpose of this study was to determine the frequency distribution of cholesterol levels in patients with hypertension and to determine the relationship between cholesterol levels and the incidence of hypertension. This type of research is a literature study using 15 scientific articles published nationally and internationally. The results of a literature study conducted on 15 articles showed that average cholesterol levels ranged from 173.29 mg/dL – 247.44 mg/dL, maximum cholesterol levels ranged from 284 mg/dL – 388 mg/dL, and minimum cholesterol levels ranged from between 82 mg/dL – 110 mg/dL in hypertensive patients. A total of 14 articles stated that there was a relationship between cholesterol levels and the incidence of hypertension and 1 article stated that there was no relationship between cholesterol levels and the incidence of hypertension.

Keywords : Cholesterol Levels, Hypertension
Reading list : 32 (2000-2020)