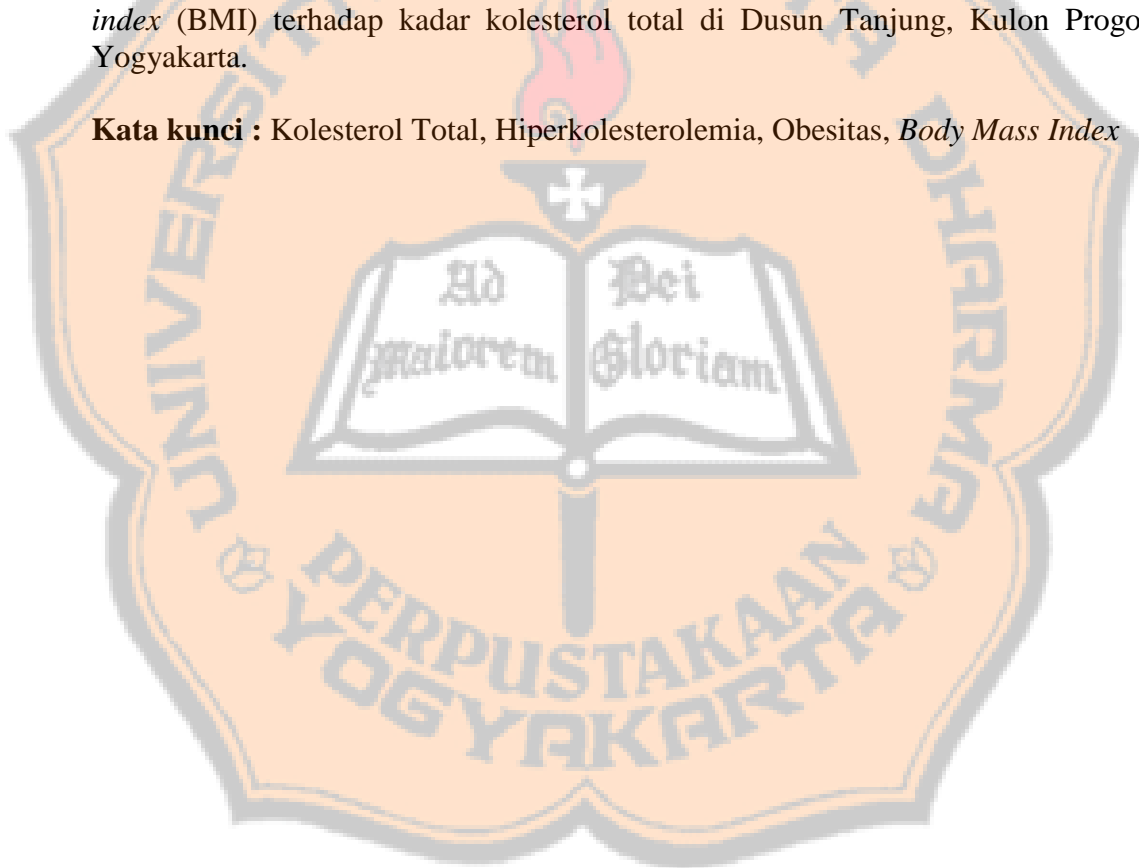


ABSTRAK

Hiperkolesterolemia menyebabkan 2,6 juta kematian setiap tahunnya. Prevalensi hiperkolesterolemia di Indonesia sebanyak 35,9% pada kelompok penduduk berusia ≥ 15 . Obesitas merupakan salah satu faktor risiko terjadinya hiperkolesterolemia. Obesitas dapat diketahui dari *body mass index* (BMI). Pengukuran *body mass index* dilakukan dengan metode antropometri.

Penelitian yang dilakukan bertujuan untuk mengetahui adanya hubungan *Body Mass Index* (BMI) dengan kadar kolesterol total dalam darah pada populasi dewasa di Dusun Tanjung, Desa Banjaroyo, Kecamatan Kalibawang, Kulon Progo, Yogyakarta. Jenis penelitian yang dilakukan adalah observasional dengan rancangan penelitian *cross sectional*. Sampel penelitian diambil secara *non random sampling* dengan teknik *purposive sampling*. Analisis data dilakukan menggunakan uji korelatif *Pearson* dengan taraf kepercayaan 95%. Hasil penelitian menyatakan adanya hubungan positif yang tidak bermakna ($p\text{-value} = 0,363$) antara *body mass index* (BMI) terhadap kadar kolesterol total di Dusun Tanjung, Kulon Progo, Yogyakarta.

Kata kunci : Kolesterol Total, Hiperkolesterolemia, Obesitas, *Body Mass Index*



ABSTRACT

Hypercholesterolemia can causes 2.6 million deaths each year. The prevalence of hypercholesterolemia in Indonesia is 35.9% in the population group aged ≥ 15 . Obesity is one of the risk factors for hypercholesterolemia Obesity can be assessed body mass index (BMI). Body mass index measurement were taken using antropometry method.

The purpose of this study was to identify the relationship between Body Mass Index (BMI) and total cholesterol levels in the blood in the adult population in Dusun Tanjung, Banjaroyo Village, Kalibawang, Kulon Progo, Yogyakarta. This type of research is observational with cross sectional design. The research sample was taken in non random sampling with purposive sampling technique. Data were analyzed by using Pearson's correlative test with the level of significiance was 95%. The result of study showed no significant relationship (p -value = 0.363) between the body mass index (BMI) of total cholesterol levels in Tanjung, Kalibawang, Kulon Progo, Yogyakarta.

Keywords: *Total Cholesterol, Hypercholesterolemia, Obesity, Body Mass Index*

