

## ABSTRAK

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HUBUNGAN KADAR KOLESTEROL DAN TEKANAN DARAH PADA PESERTA POS PEMBINAAN TERPADU PENYAKIT TIDAK MENULAR (POSBINDU PTM) DESA KAIBON KABUPATEN MADIUN

xvi + 36 Halaman + 3 Tabel + 8 Lampiran

Penyakit Tidak Menular menjadi penyumbang utama hilangnya nyawa di Indonesia, termasuk hipertensi dan hiperkolesterolemia. Pos Pembinaan Terpadu Penyakit Tidak Menular (Posbindu PTM) ialah usaha promotif dan preventif dalam mengidentifikasi faktor risiko PTM secara dini. Kolesterol dan tekanan darah merupakan dua indikator penting dalam pemantauan kesehatan masyarakat. Penelitian ini bermaksud meninjau keterkaitan kadar kolesterol dengan tekanan darah peserta Posbindu PTM di Desa Kaibon, Kabupaten Madiun.

Penelitian ini tergolong analitik observasional berbasis *cross-sectional* dengan melibatkan 40 orang dipilih menggunakan rumus Slovin. Data dikumpulkan melalui pengukuran kadar kolesterol memanfaatkan alat *POCT* dan pengukuran tekanan darah memanfaatkan tensimeter. Analisis data memanfaatkan pengujian Pearson. Mayoritas responden adalah perempuan (77,5%) dan berusia 46–60 tahun (47,5%). Tekanan darah responden didominasi oleh kategori hipertensi derajat 1 (47,5%) dan kadar kolesterol dalam batas normal (82,5%).

Pengujian pearson menunjukkan terdapat keterkaitan nyata antara tekanan darah sistolik dan diastolik dengan kadar kolesterol ( $p = 0,002$  dan  $p = 0,006$ ). Disimpulkan, kadar kolesterol berkorelasi positif dengan tekanan darah peserta Posbindu PTM Desa Kaibon. Temuan ini menegaskan pentingnya pemantauan rutin kolesterol dan tekanan darah dalam upaya pencegahan PTM.

Kata kunci: Kolesterol, Tekanan Darah, Hipertensi, Posbindu PTM, Penyakit Tidak Menular.

Daftar bacaan: 12 buku (2012 – 2024)

## ABSTRACT

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THE CORELATION BETWEEN CHOLESTEROL LEVELS AND BLOOD PRESSURE IN PARTICIPANTS OF THE INTEGRATED NON-COMMUNICABLE DISEASE DEVELOPMENT OUTPOST (POSBINDU PTM) IN KAIBON VILLAGE, MADIUN REGENC

xvi + 36 Pages + 3 Tables + 8 Appendices

*Non-communicable diseases (NCDs) are the leading cause of death in Indonesia, including hypertension and hypercholesterolemia. The Integrated Service Post for Non-communicable Diseases (Posbindu NCD) is a promotive and preventive effort to identify risk factors for NCDs early. Cholesterol and blood pressure are two important indicators in monitoring public health. This study aims to review the relationship between cholesterol levels and blood pressure among participants of the Posbindu NCD in Kaibon Village, Madiun.*

*This research is classified as a cross-sectional observational analytic study involving 40 individuals selected using Slovin's formula. Data was collected through cholesterol level measurements using POCT devices and blood pressure measurements using a sphygmomanometer. Data analysis was performed using Pearson's test. The majority of respondents were female (77.5%) and aged 46–60 years (47.5%). Respondents' blood pressure was predominantly classified as stage 1 hypertension (47.5%) and cholesterol levels were within the normal range (82.5%).*

*The Pearson test results indicate a significant relationship between systolic and diastolic blood pressure and cholesterol levels ( $p = 0.002$  and  $p = 0.006$ ). There is a significant positive correlation between cholesterol levels and blood pressure among the Posbindu PTM participants in Kaibon village. These findings emphasize the importance of regular monitoring of cholesterol and blood pressure in the prevention of PTM.*

*Keywords: Cholesterol, Blood Pressure, Hypertension, PTM Posbindu, Non-Communicable Diseases.*

*References: 12 books (2012 – 2024)*