

ABSTRAK

Ilma Asrilia Widianie

HUBUNGAN KEBIASAAN KONSUMSI SAYUR DAN BUAH TERHADAP KADAR KOLESTEROL LDL PADA PASIEN PENYAKIT JANTUNG KORONER DI RS PHC SURABAYA

xvii + 110 Halaman + 19 Tabel + 13 Lampiran

Penyakit jantung koroner (PJK) merupakan salah satu penyakit kardiovaskular yang berkaitan erat dengan gangguan metabolisme lipid, terutama peningkatan kadar kolesterol *low density lipoprotein* (LDL). Kebiasaan konsumsi sayur dan buah diketahui memiliki peranan penting dalam menjaga kesehatan kardiovaskular karena mengandung serat, vitamin, mineral, serta senyawa antioksidan yang dapat membantu mengendalikan kadar kolesterol LDL. Namun, konsumsi sayur dan buah pada pasien PJK masih belum optimal. Penelitian ini bertujuan untuk menganalisis hubungan kebiasaan konsumsi sayur dan buah terhadap kadar kolesterol LDL pada pasien PJK di RS PHC Surabaya.

Penelitian ini merupakan penelitian observasional analitik dengan desain *cross sectional* yang melibatkan 43 responden pasien PJK rawat jalan di RS PHC Surabaya. Data kebiasaan konsumsi sayur dan buah diperoleh melalui wawancara menggunakan kuesioner *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), meliputi jumlah, jenis, dan frekuensi konsumsi. Data kadar kolesterol LDL diperoleh dari rekam medis pasien. Analisis hubungan dilakukan menggunakan uji korelasi Spearman Rank dengan tingkat signifikansi $\alpha = 0,05$.

Hasil penelitian menunjukkan bahwa terdapat hubungan antara jumlah konsumsi sayur ($p = 0,006$) dan frekuensi konsumsi sayur ($p = 0,000$) dengan kadar kolesterol LDL, sedangkan variasi jenis sayur tidak menunjukkan hubungan yang bermakna ($p = 0,060$). Pada konsumsi buah, terdapat hubungan antara jumlah konsumsi buah ($p = 0,026$) dan frekuensi konsumsi buah ($p = 0,001$) dengan kadar kolesterol LDL, sedangkan variasi jenis buah tidak menunjukkan hubungan yang bermakna ($p = 0,145$). Frekuensi konsumsi sayur memiliki kekuatan hubungan paling kuat terhadap kadar kolesterol LDL. Penelitian ini menunjukkan bahwa keteraturan dan kecukupan konsumsi sayur serta buah berkaitan dengan kadar kolesterol LDL pada pasien PJK di RS PHC Surabaya.

Kata kunci: *konsumsi sayur, konsumsi buah, kolesterol LDL, penyakit jantung koroner*

Daftar Bacaan: 3 Buku, 11 Laporan, 70 Jurnal (1977 – 2025)

ABSTRACT

Ilma Asrilia Widianie

THE ASSOCIATION BETWEEN VEGETABLE AND FRUIT CONSUMPTION HABITS AND LDL CHOLESTEROL LEVELS AMONG PATIENTS WITH CORONARY HEART DISEASE AT PHC HOSPITAL SURABAYA

xvii + 110 pages + 19 Tables + 13 Appendices

Coronary heart disease (CHD) is one of the cardiovascular diseases closely associated with lipid metabolism disorders, particularly elevated levels of low-density lipoprotein (LDL) cholesterol. Vegetable and fruit consumption habits play an important role in maintaining cardiovascular health because they provide dietary fiber, vitamins, minerals, and antioxidant compounds that may help regulate LDL cholesterol levels. However, vegetable and fruit intake among patients with CHD remains suboptimal. This study aimed to analyze the association between vegetable and fruit consumption habits and LDL cholesterol levels among patients with CHD at PHC Hospital Surabaya.

This study employed an analytical observational design with a cross-sectional approach involving 43 outpatients diagnosed with CHD at PHC Hospital Surabaya. Data on vegetable and fruit consumption habits were collected through interviews using a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), covering the amount, variety, and frequency of consumption. LDL cholesterol data were obtained from patients' medical records. The associations were analyzed using the Spearman Rank correlation test with a significance level of $\alpha = 0.05$.

The results showed significant associations between the amount of vegetable consumption ($p = 0.006$) and the frequency of vegetable consumption ($p = 0.000$) and LDL cholesterol levels, whereas vegetable variety was not significantly associated with LDL cholesterol levels ($p = 0.060$). Regarding fruit consumption, significant associations were found between the amount of fruit consumption ($p = 0.026$) and the frequency of fruit consumption ($p = 0.001$) and LDL cholesterol levels, while fruit variety was not significantly associated with LDL cholesterol levels ($p = 0.145$). The frequency of vegetable consumption demonstrated the strongest association with LDL cholesterol levels. These findings indicate that the regularity and adequacy of vegetable and fruit consumption are associated with LDL cholesterol levels among patients with CHD at PHC Hospital Surabaya.

Keywords: *vegetable consumption, fruit consumption, LDL cholesterol, coronary heart disease*

References: 3 books, 11 reports, and 70 journal articles (1977–2025)