

ABSTRAK

Kharisma Eka Putri

HUBUNGAN KADAR KOLESTEROL TOTAL DAN KADAR TRIGLISERIDA
DENGAN TEKANAN DARAH PADA OBESITAS SENTRAL

1x + 84 Halaman + 6 Tabel + 14 Lampiran

Obesitas sentral merupakan faktor risiko penting terhadap terjadinya dislipidemia dan hipertensi. Penelitian ini berfokus pada evaluasi hubungan antara kolesterol total dan trigliserida dengan tekanan darah pada pasien yang mengalami obesitas sentral.

Desain yang diterapkan dalam studi ini adalah cross-sectional dengan total sampel sebanyak 31 orang yang telah memenuhi kriteria obesitas sentral berdasarkan Waist-to-Height Ratio (WHtR) $\geq 0,5$ di Klinik Mitra Sehat. Analisis data diterapkan uji korelasi Spearman.

Hasil penelitian menunjukkan bahwa 77,4% dari sampel memiliki tingkat kolesterol total yang melebihi ambang batas normal, dan 41,9% menunjukkan kadar trigliserida yang juga di atas normal. Uji korelasi Spearman menunjukkan tidak adanya hubungan signifikan antara kolesterol total dengan tekanan darah sistolik ($p = 0,058$; $r = -0,344$) maupun diastolik ($p = 0,271$; $r = -0,204$). Selain itu, tidak ditemukan hubungan signifikan antara kadar trigliserida dengan tekanan darah sistolik ($p = 0,518$; $r = +0,121$) maupun diastolik ($p = 0,183$; $r = -0,245$).

Kata Kunci: Obesitas sentral, kolesterol total, trigliserida, tekanan darah, WHtR
Daftar bacaan : 29 buku (2016-2025)

ABSTRACT

Kharisma Eka Putri

CORRELATION BETWEEN TOTAL CHOLESTEROL LEVELS AND TRIGLYCERIDE LEVELS WITH BLOOD PRESSURE IN CENTRAL OBESITY

1x + 84 Pages + 6 Tables + 14 Appendices

Central obesity is a major risk factor for dyslipidemia and hypertension. This study focuses on evaluating the relationship between total cholesterol and triglycerides and blood pressure in patients with central obesity.

This study employed a cross-sectional design with a total sample of 31 participants who met the criteria for central obesity based on a waist-to-height ratio (WHtR) of ≥ 0.5 at the Mitra Sehat Clinic. Data analysis was performed using Spearman's correlation test.

The results of the study showed that 77.4% of the sample had total cholesterol levels above the normal threshold, and 41.9% had triglyceride levels that were also above normal. Spearman's correlation test showed no significant relationship between total cholesterol and either systolic blood pressure ($p = 0.058$; $r = -0.344$) or diastolic blood pressure ($p = 0.271$; $r = -0.204$). Furthermore, no significant relationship was found between triglyceride levels and either systolic blood pressure ($p = 0.518$; $r = +0.121$) or diastolic blood pressure ($p = 0.183$; $r = -0.245$).

Keywords: Central obesity, total cholesterol, triglycerides, blood pressure, WHtR
References : 29 books (2026-2025)