

INTISARI

Wuskawuri, Kingkin. 2016. *Hubungan Indeks Massa Tubuh dan Rasio Lingkar Pinggang Pinggul terhadap Kadar Kolesterol LDL pada Mahasiswa. "Tugas Akhir", Program Studi D-IV Analisis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.*

Indeks massa tubuh dan rasio lingkar pinggang pinggul merupakan salah satu cara untuk mengukur apakah seseorang memiliki berat badan kurang atau berat badan berlebih. Kelebihan berat badan dapat mempengaruhi kadar kolesterol LDL dalam tubuh sehingga meningkatkan risiko terjadinya penyakit jantung koroner. Tujuan dari penelitian ini untuk mengetahui hubungan Indeks Massa Tubuh, rasio lingkar pinggang pinggul dan kadar kolesterol LDL.

Penelitian ini merupakan penelitian *cross sectional* untuk mencari hubungan antara Indeks Massa Tubuh, Rasio Lingkar Pinggang dan kadar kolesterol LDL. Subyek penelitian berjumlah 35 orang Mahasiswa Fakultas Ilmu Kesehatan Universitas Setia Budi. Teknik analisis data menggunakan Analisa Chi Square untuk mengetahui hubungan antara Indeks Massa Tubuh dan kadar kolesterol LDL serta mengetahui hubungan Rasio Lingkar Pinggang Pinggul dan kadar kolesterol LDL. Anova dua jalan dilakukan untuk mengetahui interaksi Indeks Massa Tubuh dan Rasio Lingkar Pinggang Pinggul terhadap kadar kolesterol LDL.

Hasil analisa menunjukkan nilai sig = 0,641 untuk hubungan IMT dan kadar kolesterol LDL, nilai sig = 0,024 untuk hubungan RLPP dan kadar kolesterol LDL dan nilai sig = 0,182 untuk interaksi IMT dan RLPP terhadap kadar kolesterol LDL. Pada penelitian ini dapat disimpulkan tidak terdapat hubungan IMT dan kadar kolesterol LDL, terdapat hubungan RLPP dan kadar kolesterol LDL, dan tidak terdapat interaksi antara IMT dan RLPP terhadap kadar kolesterol LDL.

Kata kunci : indeks massa tubuh, rasio lingkar pinggang pinggul, kolesterol LDL

ABSTRACT

Wuskawuri, Kingkin. 2016. *Association of Body Mass Index and Waist Hip Ratio to LDL Cholesterol Levels in College Students*. “Tugas Akhir”, D-IV Health Analyst Study Program, Health Science Faculty, Setia Budi University.

Body mass index and waist hip ratio are one of the methods to measure whether someone is underweight or overweight. Overweight can affect the LDL cholesterol levels of the body that can increase the risk of coronary cardiovascular disease. The purpose of this research is to find correlations between body mass index, waist hip ratio, and LDL cholesterol levels.

This research is an explanative research to find correlations between body mass index, waist hip ratio and LDL cholesterol levels. The subjects were 35 college student of Health Science Faculty of Setia Budi University. Correlation between body mass index and LDL cholesterol levels and correlation between waist hip ratio and LDL cholesterol levels was assessed using Chi Square. Interaction between body mass index and waist hip ratio to LDL cholesterol levels, two ways ANOVA was applied.

The analysis result showed that sig value = 0,641 for association between BMI and LDL cholesterol levels, sig value = 0,024 for association between WHR and LDL cholesterol levels, and sig value = 0,182 for interaction of BMI and WHR to LDL cholesterol levels. The conclusions of this study are negative association were observed between body mass index, positive association were observed between waist hip ratio and LDL cholesterol levels, and negative interaction was observed between body mass index and waist hip ratio to LDL cholesterol levels.

Keywords: body mass index, waist hip ratio, LDL cholesterol