

PEMERIKSAAN KADAR KOLESTEROL TOTAL PADA WANITA MENOPAUSE DI RW 18 MOJOSONGO JEBRES SURAKARTA

EXAMINATION OF TOTAL CHOLESTEROL LEVELS IN MENOPAUSE WOMEN AT THE HAMLET 18 MOJOSONGO JEBRES SURAKARTA

Bella Armeda Aprilia¹, Ratna Herawati²

Program Studi D-III Analis Kesehatan Fakultas Ilmu Kesehatan Universitas Setia Budi, Surakarta
Jl. Let. Jend. Sutoyo, Mojosongo Surakarta 57127, Telp. 02171-852-518 Fax. 0271-853-275

INTISARI

Menopause adalah masa dimana seorang wanita tidak menstruasi lebih dari 12 bulan. Selama masa menopause, ada perubahan dalam keseimbangan hormon, salah satunya hormon estrogen yang tidak lagi di produksi tubuh. Hormon estrogen berperan aktif dalam melindungi pembuluh darah dari plak-plak yang dapat menyebabkan naiknya kadar kolesterol total pada wanita usia produktif. Menurunnya estrogen saat menopause, memungkinkan naiknya kadar kolesterol dalam darah. Penelitian ini dilakukan untuk mengetahui adanya peningkatan kadar kolesterol total pada wanita menopause.

Pemeriksaan ini menggunakan 19 responden wanita menopause di RW 18 RT 03 Kelurahan Mojosongo Kecamatan Jebres dengan teknik sampling yaitu Purposive Sampling atau dengan pertimbangan. Responden di suruh puasa selama 8-10 jam kemudian di ambil darahnya sebanyak 3 ml lalu dilakukan prosedur pemeriksaan kolesterol metode CHOD-PAP : enzymatic photometric test.

Hasil pemeriksaan dari 19 sampel, 5 responden (26,3%) mengalami peningkatan kadar kolesterol total dan 14 responden (73,7%) memiliki kadar kolesterol normal.

Kata Kunci : Kadar Kolesterol Total, Wanita Menopause

Abstract

Menopause is a period where a woman does not menstruate for more than 12 months. During menopause, there is a change in hormonal balance, one of which is the hormone estrogen which is no longer in the body's production woman. The hormone estrogen plays an active role in protecting blood vessels from plaque that can cause an increase in total cholesterol levels in women of childbearing age. Decreased estrogen at menopause, allows an increase in cholesterol levels in the blood. This study was conducted to determine an increase in total cholesterol levels in menopausal women.

This examination used 19 respondents of menopausal women in hamlet 18 neighbourhood 03, Mojosongo Jebres, Surakarta District with a plebotomy technique that is Purposive Sampling or with consideration. Respondents were told to fast for 8-10 hours and then take as much as 3 ml of blood and then performed a cholesterol examination procedure CHOD-PAP method: enzymatic test.

The results of the examination of 19 samples, 5 respondents (26.3%) experienced an increase in total cholesterol levels and 14 respondents (73.7%) had normal cholesterol levels

Keywords: Total Cholesterol Levels, Menopause Women