

## INTISARI

Patampang, B, J, T. 2021. Perbedaan Kadar Kolesterol Total Pada Warga Normoweight, Overweight, dan Obesitas. Program Studi D4 Analisis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi Surakarta.

*Overweight* dan obesitas merupakan keadaan penumpukan lemak berlebih didalam tubuh. Hal ini diketahui dapat menjadi penyebab faktor risiko munculnya berbagai penyakit. Kadar kolesterol yang lebih dari 200mg/dl dapat meningkatkan resiko terjadinya berbagai penyakit. Tujuan dari penelitian ini untuk mengetahui perbedaan kadar kolesterol total pada *Normoweight*, *Overweight*, dan Obesitas di Kecamatan Maos Kabupaten Cilacap.

Rancangan penelitian menggunakan *Analitik Observasional* dengan metode *Cross Sectional*. Subyek penelitian adalah 30 responden dari masing – masing variabel penelitian yang merupakan warga di Kecamatan Maos Kabupaten Cilacap. Teknik sampling dalam penelitian ini adalah *Purposive Sampling*. Pemeriksaan Kadar Kolesterol Total menggunakan metode CHOD-PAP dengan alat Microlab 300. Analisa data yang digunakan adalah uji normalitas *Shapiro- Wilk* dan dilanjutkan dengan uji *One Way Anova* dan Uji *Post Hoc Tukey HSD* .

Hasil uji parametrik *One Way Anova* didapatkan nilai  $p < 0,05$ . Hasil Uji *Post Hoc Tukey HSD* didapatkan hasil pada *Normoweight* dan *Overweight* nilai  $p < 0,05$ , pada *Normoweight* dan Obesitas didapatkan nilai  $p < 0,05$  kemudian hasil *Overweight* dan Obesitas didapatkan nilai  $p < 0,05$  atau nilai  $p = 0,000$  . Kesimpulan dari penelitian ini yaitu terdapat perbedaan kadar kolesterol total pada *Normoweight*, *Overweight*, dan Obesitas di Kecamatan Maos Kabupaten Cilacap dengan nilai  $p < 0,05$  dan terdapat perbedaan yang signifikan antara kadar kolesterol total pada *Normoweight*, *Overweight* dan Obesitas.

Kata kunci : *Normoweight*, *Overweight*, Obesitas, Kolesterol Total

## ABSTRACT

**Patampang, B, J, T. 2021. Differences in Total Cholesterol Levels in Normoweight, Overweight, and Obese Citizens. D4 Health Analyst Study Program, Faculty of Health Sciences, Setia Budi University Surakarta.**

Overweight and obesity is a state of excess fat accumulation in the body. This is known to be a risk factor for the emergence of various diseases. Cholesterol levels that are more than 200 mg/dl can increase the risk of various diseases. The purpose of this study was to determine differences in total cholesterol levels in Normoweight, Overweight, and Obesity in Maos District, Cilacap Regency.

The research design used Observational Analytical with Cross Sectional method. The research subjects were 30 respondents from each research variable who were residents of Maos District, Cilacap Regency. The sampling technique in this research is purposive sampling. Examination of Total Cholesterol Levels using the CHOD-PAP method with Microlab 300. Data analysis used was the Shapiro- Wilk normality test and continued with the One Way Anova test and the Post Hoc Tukey HSD test.

The results of the One Way Anova parametric test obtained  $p$  value  $< 0.05$ . The results of the Post Hoc Tukey HSD test showed that the results for Normoweight and Overweight were  $p < 0.05$ , for Normoweight and Obesity were  $p < 0.05$ , then the results for Overweight and Obesity obtained  $p < 0.05$  or  $p = 0.000$ . The conclusion of this study is that there are differences in total cholesterol levels in Normoweight, Overweight, and Obesity in Maos Subdistrict, Cilacap Regency with  $p$  value  $< 0.05$  and there is a significant difference between total cholesterol levels in Normoweight, Overweight and Obesity.

Keywords : Normoweight, Overweight, Obesity, Total Cholesterol

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