

INTISARI

Monikasari, Heni. 2016. Perbedaan Kadar Kolesterol *High Density Lipoprotein* (HDL) Pada Perokok Aktif dan Perokok Pasif. Program Studi D-IV Analisis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.

Merokok merupakan faktor risiko aterosklerosis, penyakit jantung koroner, dan gangguan pembuluh darah perifer. Perokok aktif dan perokok pasif menghisap asap rokok yang mengandung nikotin dan dapat menurunkan kadar kolesterol *High Density Lipoprotein* dalam darah. *High Density Lipoprotein* merupakan lipoprotein yang ukurannya paling kecil. Tujuan penelitian untuk mengetahui apakah terdapat perbedaan yang bermakna kadar kolesterol HDL pada perokok aktif dan perokok pasif.

Penelitian *comparative analytic* dengan rancangan *cross sectional*. Teknik pengambilan sampel dengan *purposive sampling*. Penelitian dilakukan di laboratorium patologi klinik RSUD dr. Moewardi Surakarta pada Maret-Mei 2016 dengan subjek 62 orang. Data dianalisis dengan uji normalitas *Shapiro-Wilk* dan data yang terdistribusi normal dianalisis menggunakan Uji *Independent Sample t-test*. Analisis statistik bermakna apabila $p < 0,05$ dengan interval kepercayaan 95%.

Rerata kadar kolesterol HDL pada perokok aktif (40.79 ± 5.01 mg/dl) lebih rendah dari pada perokok pasif (48.02 ± 6.64 mg/dl) dengan $p \ 0.001 < 0.05$. Hal ini berarti terdapat perbedaan yang bermakna kadar kolesterol *High Density Lipoprotein* (HDL) pada perokok aktif dan perokok pasif. Saran dalam penelitian ini sebaiknya bagi perokok aktif perlu mengubah kebiasaan untuk tidak merokok dan bagi perokok pasif untuk menghindari asap rokok.

Kata kunci: Kolesterol High Density Lipoprotein (HDL), perokok aktif, perokok pasif.

ABSTRACT

Monikasari, Heni. 2016. The Difference of *High Density Lipoprotein* (HDL) Levels between Active Smokers and Passive Smokers. The Study Program of Four-Year Diploma (D-IV) in Medical Laboratory Technology. The Faculty of Health Sciences. Setia Budi University.

Smoking is a significant factor contributing to atherosclerosis, coronary heart disease, and peripheral blood vessel disorder. Both active and passive smokers, suck cigarette smoke contains nicotine which may reduce *High Density Lipoprotein* cholesterol levels in the blood. *High Density Lipoprotein* is lipoproteins that are very small. This study aims at investigating whether there is a significant difference of HDL cholesterol levels between active and passive smokers.

This research is a *comparative-analytical* study with *cross-sectional* design. *Purposive sampling* technique was applied. Research done in the laboratory of clinical pathology hospitals RSUD dr. Moewardi Surakarta in March-May 2016 with the subject of 62 people. Data were analyzed using *Shapiro-Wilk* normality test and normally distributed data were later analyzed using *Independent sample t-test*. Statistical analysis was significant when $p < 0,05$ with 95% confidence intervals.

Statistically, the results indicate that the average HDL cholesterol level in active smokers (40.79 ± 5.01 mg/dl) is lower than that in passive smokers (48.02 ± 6.64 mg/dl) with and $p \ 0.001 < 0.05$. Hence, there is a significant difference of *High Density Lipoprotein* (HDL) cholesterol levels between active and passive smokers.

Suggestions in this study we recommend for active smokers need to change habits not to smoke and for passive smokers to avoid cigarette smoke

Keywords: *High Density Lipoprotein (HDL) cholesterol, active smokers, passive smokers.*