

INTISARI

Wahyuni, D. E. 2020. Gambaran Kadar *Low Density Lipoprotein* Pada Perokok Konvensional Dan Perokok Elektronik (E-Rokok). Progam Studi D4 Analisis Kesehatan, Fakultas Ilmu Kesehatan, Universitas Setia Budi.

Perilaku merokok merupakan masalah kesehatan yang serius di dunia hingga sekarang. Berdasarkan data *World Health Organization* (WHO) tahun 2011, dampak buruk merokok membunuh sekitar 6 juta orang per tahun. Rokok dapat meningkatkan kadar LDL disebabkan oleh penyerapan nikotin dalam tubuh, melepaskan katekolamin, meningkatkan lipolisis, meningkatkan pelepasan asam lemak bebas, membuat produksi LDL berlebih. Tujuan penelitian untuk mengetahui gambaran kadar LDL pada perokok konvensional dan perokok elektronik (e-rokok).

Penelitian ini menggunakan *mini review* dengan pendekatan literatur berfokus pada evaluasi beberapa hasil penelitian sebelumnya yang berkaitan dengan variabel bebas perokok konvensional dan perokok elektronik serta variabel terikat yaitu kadar LDL. Sumber pencarian literatur berbasis elektronik yang terindeks Sinta, *Google Scholar*, *PubMed*, *Mendeley* dan *Scopus* menggunakan kata kunci "*smoke and lipid*", "*lipid and e-cigarette*", "*lipid and tobacco*", "LDL dan rokok elektronik", "LDL dan Perokok" serta "lipid dan rokok" dilengkapi dengan DOI.

Hasil penelitian dari 18 literatur terdiri dari 10 jurnal internasional, 3 jurnal nasional terakreditasi (Sinta 1-3), 5 jurnal nasional (terakreditasi Sinta 4-6 atau tidak terakreditasi). Disimpulkan 5 jurnal menyatakan merokok tidak meningkatkan kadar LDL, 10 jurnal menunjukkan merokok dapat meningkatkan kadar LDL, 1 jurnal menyatakan penggunaan rokok elektronik dan konvensional menghasilkan kadar LDL yang merugikan, 1 jurnal menyatakan kadar LDL perokok elektronik lebih tinggi, dan 1 jurnal menunjukkan kadar LDL perokok konvensional lebih tinggi.

Kata Kunci : Rokok konvensional ,Rokok Elektronik, LDL

ABSTRACT

Wahyuni, D. E. 2020. *Description of Low Density Lipoprotein Levels in Conventional Smokers and Electronic Smokers (Electronic Cigarettes)*. Bachelor's degree Program in Medical Laboratory Technology, Faculty of Health Sciences, Setia Budi University of Surakarta.

Smoking behavior is a serious health problem in the world today. Based on data from the World Health Organization (WHO) in 2011, the bad effects of smoking kill around 6 million people in one year. Cigarettes can increase LDL levels caused by the absorption of nicotine in the body, release catecholamines, increase lipolysis, increase the release of free fatty acids, make LDL production excess. The aim of this study was to describe the LDL levels in conventional smokers and electronic smokers (e-cigarettes).

This study used a mini review with a literature approach focused on evaluating some of the results of previous studies related to conventional smoking and electronic smoking independent variables and the dependent variable, namely LDL levels. Source of electronic-based literature searches indexed by Sinta, Google Scholar, PubMed, Mendeley and Scopus using words the keys to "smoke and lipid", "lipid and e-cigarette" "lipid and tobacco", "LDL and electronic cigarettes", "LDL and smokers" and "lipids and cigarettes" are equipped with DOI.

The research results from 18 literatures consist of 10 international journals, 3 accredited national journals (Sinta 1-3), 5 national journals (Sinta 4-6 accredited or not accredited). It was concluded that 5 journals stated smoking did not increase LDL levels, 10 journals showed smoking could increase LDL levels, 1 journal stated that the use of electronic and conventional cigarettes resulted in harmful LDL levels, 1 journal stated that electronic smokers LDL levels were higher, and 1 journal showed smokers LDL levels higher conventional.

Keywords: Conventional Cigarettes, Electronic Cigarettes, LDL