

INTISARI

Valonda, AL. 2023. *Gambaran Kadar Kolesterol Total dan Lingkar Paha Pada Ibu-ibu PKK di RT 02 RW 07 Pasungan Ceper Klaten.* Karya Tulis Ilmiah. Program Studi D3 Analisis Kesehatan. Fakultas Ilmu Kesehatan. Universitas setia Budi.

Kolesterol total merupakan jumlah kolesterol yang dibawa dalam semua partikel pembawa kolesterol darah. Kolesterol adalah lemak yang berwarna kuning menyerupai lilin yang penting di dalam tubuh, jika kolesterol berjumlah banyak akan menimbulkan masalah bagi tubuh. Kolesterol total disintesis di dalam hati yang berfungsi di dalam tubuh sebagai sumber energi, pembentukan hormon dan vitamin. Penelitian ini bertujuan untuk mengetahui gambaran kadar kolesterol total dan lingkar paha pada Ibu-ibu PKK di RT 02 RW 07 Pasungan Ceper Klaten.

Jenis penelitian dilakukan adalah penelitian deskriptif dengan jumlah sampel 30 responden. Penelitian ini dilakukan di RT 02 RW 07 Pasungan Ceper Klaten. Kadar Kolesterol Total di ukur menggunakan alat POCT Easy Touch.

Hasil penelitian ini menunjukkan bahwa dari 30 sampel darah yang diperiksa hasil kadar kolesterol total pada Ibu-ibu PKK di RT 02 RW 07 Pasungan Ceper Klaten jumlah responden dengan ukuran lingkar paha <62 dan kadar kolesterol <200 sebanyak 9 responden (30%), ukuran lingkar paha <62 dan kadar kolesterol >200 sebanyak 11 responden (37%), responden dengan ukuran lingkar paha > 62 dan kadar kolesterol <200 sebanyak 5 responden (17%) dan responden yang memiliki ukuran lingkar paha >62 dan kadar kolesterol >200 sebanyak 5 responden (17%).

Kata kunci: Kolesterol, Lingkar Paha, Ibu-ibu PKK

ABSTRACT

Valonda, AL. 2023. *Description of Cholesterol Levels and Thigh Circumferences To PKK Women In RT 02 RW 07 Pasungan Ceper Klaten* . scientific papers. D3 medical laboratory technology. Faculty of Health Sciences. Setia Budi University

Total cholesterol is the amount of cholesterol carried in all cholesterol-carrying particles in the blood. Cholesterol is a fat that is yellow in color resembling wax which is important in the body, if there is a large amount of cholesterol it will cause problems for the body. Total cholesterol is synthesized in the liver which functions in the body as a source of energy, the formation of hormones and vitamins. This study aims to describe total cholesterol levels and thigh circumference in PKK women in RT 02 RW 07 Pasung Ceper Klaten.

This type of research is descriptive research with a sample of 30 respondents. This research was conducted at RT 02 RW 07 Pasung Ceper Klaten. Total cholesterol levels were measured using the POCT Easy Touch tool.

The results of this study indicate that of the 30 blood samples examined for total cholesterol levels in PKK women at RT 02 RW 07 Pasung Ceper Klaten, the number of respondents with thigh circumference <62 and cholesterol level <200 as many as 9 respondents (30%), thigh circumference <62 and cholesterol levels >200 was 11 respondents (36%), respondents with a thigh circumference > 62 and cholesterol levels <200 as many as 5 respondents (17%) and respondents who had a thigh circumference > 62 and cholesterol levels > 200 as many as 5 respondents (17%).

Keywords: Cholesterol, Thigh Circumference, PKK Women