

KADAR KOLESTEROL TOTAL BERDASARKAN KONSUMSI DAGING BABI DAN STATUS OBESITAS SENTRAL PADA ORANG DEWASA DI DESA GUWANG, KECAMATAN SUKAWATI, GIANYAR

ABSTRAK

Obesitas sentral erat kaitannya dengan peningkatan kadar kolesterol total. Obesitas setral sering ditemukan di masyarakat dengan konsumsi lemak berlebih terutama lemak jenuh yang berasal dari hewani seperti daging babi. Tujuan dari penelitian untuk mengetahui hubungan kadar kolesterol total berdasarkan konsumsi daging babi dan status obesitas sentral pada orang dewasa di Desa Guwang, Kecamatan Sukawati, Gianyar. Jenis penelitian yang digunakan adalah *observasional* dengan rancangan *cross sectional*. Sampel adalah orang dewasa dengan kriteria umur 21-60 tahun sebanyak 63 orang yang diambil secara *proporsional random sampling*. Data yang dikumpulkan meliputi data konsumsi daging babi, lingkaran pinggang, lingkaran pinggul, dan kolesterol darah. Data diolah dan dianalisis secara univariat dan bivariat. Rata-rata konsumsi daging babi yaitu 96.4 gram/hari dengan frekuensi 3.3 kali/minggu. Rata-rata kolesterol 185.7 mg/dL, dan RLPP 0.88. Sebanyak 38.1% dengan kadar kolesterol tinggi, 50.8% mengalami obesitas sentral, 44.4% sampel konsumsi daging babi lebih (>140 gram) dengan frekuensi konsumsi sering sebesar 54.0%. Terdapat hubungan kadar kolesterol total berdasarkan konsumsi daging babi dan terdapat hubungan kadar kolesterol total berdasarkan status obesitas sentral ($p < 0.05$).

Kata kunci : kolesterol, konsumsi daging babi, obesitas sentral.

**TOTAL CHOLESTEROL LEVELS BASED ON PORK CONSUMPTION
AND CENTRAL OBESITY STATUS IN ADULTS
IN GUWANG VILLAGE, SUKAWATI SUB-DISTRICT, GIANYAR**

ABSTRACT

Central obesity is closely related to an increase in total cholesterol levels. Central obesity is often found in people with excessive fat consumption, especially saturated fat from animal origin such as pork. The purpose of the study was to determine the correlation of total cholesterol levels based on pork consumption and central obesity status in adults in Guwang Village, Sukawati Sub-District, Gianyar. The type of research used was observational with a cross sectional design. The sample is an adult with the age criteria of 21-60 years as many as 63 people taken by proportional random sampling. Data collected included data on pork consumption, waist circumference, hip circumference, and blood cholesterol. The collected data is processed and analyzed by univariate and bivariate. The average pork consumption is 96.4 grams/day with a frequency of 3.3 times/week. The average cholesterol is 185.7 mg / dL, and RLPP 0.88. A total of 38.1% with high cholesterol levels, 50.8% of the sample had central obesity, 44.4% of samples consumed more pork (>140 gram) with frequent consumption frequency of 54.0%. There is a correlation between total cholesterol levels based on pork consumption and there is a correlation between total cholesterol levels based on central obesity status ($p < 0.05$).

Keywords: cholesterol, pork consumption, central obesity.