

**PERBEDAAN KADAR KOLESTEROL TOTAL BERDASARKAN KONSUMSI
SEREDELE DAN KEJADIAN OBESITAS SENTRAL PADA DEWASA DI DESA
GUWANG, KECAMATAN SUKAWATI, KABUPATEN GIANYAR**

ABSTRAK

Hiperkolesterol merupakan penyakit yang disebabkan konsumsi pangan yang kurang sehat, terlalu banyak mengkonsumsi makanan mengandung asam lemak jenuh dan kolesterol serta kurang asupan serat. Masalah hiperkolesterol sering dialami oleh orang gemuk atau obesitas sehingga konsumsi makanan sangat mempengaruhi kesehatan. Desa Guwang memiliki kebiasaan mengonsumsi makanan khas yaitu *seredele* sebagai pelengkap saat makan. *Seredele* merupakan makanan yang memiliki kandungan serat, protein dan isoflavon yang baik. Protein pada *seredele* dapat menekan sekresi insulin dan glukagon sehingga menghambat lipogenesis, serta pengaruhnya terhadap reseptor LDL. Pengaruh positif isoflavon, kandungan seratnya dapat berperan menurunkan kadar kolesterol. Adapun tujuan penelitian ini adalah untuk menganalisis perbedaan kadar kolesterol total berdasarkan konsumsi *seredele* dan kejadian obesitas sentral di desa Guwang, Kecamatan Sukawati, Kabupaten Gianyar. Jenis penelitian ini adalah penelitian *observasional*. Rancangan penelitian yang digunakan adalah desain *cross sectional*. Hasil uji t-test antara jumlah dan frekuensi konsumsi *seredele* yaitu sebesar ($p=0,00$) sehingga terdapat perbedaan secara signifikan antara kadar kolesterol total dengan konsumsi *seredele*. Hasil uji t-test antara kadar kolesterol total dengan obesitas sentral yaitu sebesar ($p=0,047$) sehingga terdapat perbedaan secara signifikan antara kadar kolesterol total dengan obesitas sentral. Diharapkan agar warga desa Guwang tetap mengkonsumsi *seredele* untuk menurunkan kadar kolesterol total.

Kata kunci : Obesitas sentral, Konsumsi *seredele*, Kolesterol

DIFFERENCE OF TOTAL CHOLESTEROL LEVELS BASED ON SEREDELE CONSUMPTION AND CENTRAL OBESITY CASES IN ADULT PEOPLE IN GUWANG VILLAGE, SUKAWATI, GIANYAR

ABSTRACT

Hypercholesterol is a disease that caused by consuming of unhealthy foods, consuming too much food that contain saturated fatty acids and cholesterol also lack of fiber to our body. Hypercholesterol is often experienced by fat people or obese people which means the consumption of food greatly affects health. Guwang Village has the habit of consuming typical foods, namely *seredele* as a complement when eating. *Seredele* is a food that contains good fiber, protein, and isoflavones. Protein in *seredele* can suppress insulin and glucagon secretion so that it can inhibit the lipogenesis, as well as its effect on LDL receptors. The positive effect of isoflavones, its fiber content have an important role in reducing cholesterol levels. The aim of this study was to analyze the differences of total cholesterol levels based on *seredele* consumption and central obesity in Guwang village, Sukawati, Gianyar. This type of research is observational research. The design of the study was a cross sectional design. The results of the t-test between the number and frequency of *seredele* consumption were equal to ($p = 0.00$) so that there is a significant difference between total cholesterol levels and *seredele* consumption. The results of the t-test between total cholesterol and central obesity were equal to ($p = 0.047$) so that there were significant differences between total cholesterol levels and central obesity. People in Guwang village is hoped to continue consuming *seredele* in order to reduce total cholesterol levels.

Keywords: Central obesity, *Seredele consumption*, Cholesterol

