

# Hubungan asupan serat dengan kadar kolesterol LDL penduduk usia 25-65 tahun di Kelurahan Kebon Kalapa Bogor tahun 2013 = The relationship between fiber consumption and the content of LDL cholesterol for the people of 25-65 years of age at Kebon Kalapa Village in Bogor on the year of 2013 / Yunita Diana Sari

Yunita Diana Sari, author

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## Abstrak

### <b>ABSTRAK</b><br>

Penyakit jantung koroner merupakan pembunuh utama di negara maju maupun negara berkembang. Salah satu faktor risiko utama penyebab arterosclerosis adalah hiperkolesterolemia yang ditunjukkan dengan peningkatan kadar kolesterol LDL. Perubahan pola hidup yang ditandai dengan kurangnya mengkonsumsi buah dan sayuran serta banyak mengkonsumsi makanan yang tinggi lemak, merupakan salah satu risiko terjadinya peningkatan kadar kolesterol LDL. Penelitian ini bertujuan untuk mengetahui hubungan asupan serat dengan kadar kolesterol LDL penduduk usia 25-65 tahun di Kelurahan Kebon Kalapa Bogor tahun 2013. Penelitian dilakukan dengan desain cross sectional menggunakan data baseline Studi Kohor Faktor Risiko Penyakit Tidak Menular Badan Litbangkes tahun 2011. Analisis multivariate menggunakan regresi logistik. Hasil analisis data diperoleh proporsi kolesterol LDL tinggi sebesar 78.3% dengan rata-rata kadar kolesterol 120 mg/dl. Rata-rata asupan serat sebesar 7 gram/hari dengan proporsi asupan serat <6.6 gram/hari sebesar 50.5%. Hasil multivariate menunjukkan asupan serat rendah merupakan faktor protektif (OR = 0.182) terhadap kadar kolesterol LDL tinggi setelah dikontrol oleh variabel umur, asupan lemak dan asupan protein nabati. Faktor determinan dalam model ini terhadap kadar kolesterol LDL adalah asupan protein nabati (OR = 13.356). Model ini mampu memprediksi kejadian kadar kolesterol LDL sebesar 79.4% dan sisanya dipengaruhi oleh variabel lain yang tidak tercantun didalam model. Dengan melakukan penyuluhan akan pentingnya mengkonsumsi makanan yang banyak mengandung serat merupakan salah satu upaya pencegahan terjadinya penyakit yang berhubungan dengan arterosclerosis. Merubah pola makan dengan memperbanyak konsumsi buah akan mengurangi kadar kolesterol LDL dalam darah.

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### <b>ABSTRACT</b><br>

Coronary heart disease considers as one of the major killers both in developed and developing countries. One of the main risk factors that caused arterosclerosis is hypercholesterolemia which indicates by elevated LDL cholesterol level. Life style changing by lack of consuming fruits and vegetables while excess in consuming food high in fat content considered one of risk to have elevated cholesterol level. The aim of this research is to identify the relationship between fiber consumption and the

content of LDL cholesterol for the people of 25-65 years of age at Kebon Kelapa Village in Bogor on the Year of 2013. The research is conducted by Cross Sectional. The analytic design utilizes the baseline data from Cohort Study of Contagious Disease Risk Factors of the Research and Development of Health Agency of the Republic of Indonesia in the year of 2011. Stratification is used in analyzing data and cog regression is utilized in multivariate analysis. The analysis of the result obtained that the prevalence of LDL cholesterol is 78.3% with the average of cholesterol content 120 mg/dl. The average of daily fiber consumption is 7 gram/day with the proportion of fiber consumption <6.6 gram/day is 50.5%. The result of multivariate analysis indicates that low fiber consumption considers as a protective factor (OR=0.182) toward high level of LDL cholesterol level after having controlled by such variables as age, consumptions of fat and vegetable protein. Determinant factor in this model toward LDL cholesterol content is the consumption of vegetable protein (OR=13.356). This model has the ability to predict in experiencing LDL cholesterol level 79.4% and the remaining would be influenced by other factors that have not written down in the model. By educating the community about the important of consuming high fiber foods consider as one of the effort to prevent the occurrence of diseases relate with artherosclerosis. Changing the eating pattern by consuming more fiber will decrease the content of cholesterol level in the blood