

# Hubungan pola konsumsi makan, status gizi, stres kerja dan faktor lain dengan Hiperkolesterolemia pada karyawan PT Semen Padang tahun 2012 = Food consumption pattern, nutritional status, work stress and other factors in relation to Hypercholesterolemia among employees at PT Semen Padang

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## Abstrak

Penelitian ini menjelaskan mengenai hubungan konsumsi makan, status gizi, dan faktor risiko lain dengan hiperkolesterolemia. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan hiperkolesterolemia pada pekerja industri. Desain penelitian yang digunakan adalah cross sectional, dengan sampel sebanyak 229 karyawan laki-laki PT Semen Padang yang melakukan medical check up di Unit Kesehatan Masyarakat RS Semen Padang tertanggal 9 April - 18 Mei 2012. Pengumpulan data menggunakan kuesioner, food recall 2x24 jam, dan FFQ. Analisis Chi Square dan Odd Ratio digunakan untuk mengetahui hubungan antara faktor resiko dengan hiperkolesterolemia.

Hasil penelitiannya menunjukkan bahwa prevalensi hiperkolesterolemia (total kolesterol  $\geq$  200 mg/dl) responden adalah 54.1%. Usia (OR = 2.3), RLPP (OR = 1.8), riwayat hiperkolesterol (OR = 3.2), LDL (OR = 45.6) trigliserida (OR = 2.9), asupan lemak (OR = 9.0), konsumsi buah (OR = 2.2), konsumsi sayur (OR = 2.8), lama merokok (OR = 2.9) dan stres kerja (OR = 1.8) berhubungan dengan hiperkolesterolemia. Penelitian ini menyarankan dengan menjalankan pola makan dan pola hidup yang sehat, serta rutin melakukan medical check up dapat mengurangi risiko terjadinya hiperkolesterolemia.

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This study described about food consumption, nutritional status, and other factors in relation to hypercholesterolemia. The purpose of this study was to identify correlates factors for hypercholesterolemia in industry employees. A cross sectional study was conducted in 229 man employees of PT Semen Padang who received medical checkup during April 9th - Mei 18th 2012 in Public Health Unit, Semen Padang Hospital. The data were collected by questionnaire, food recall 24 hours, and FFQ. Chi square and Odd Ratio procedures were used to assess the association between risk factors and hypercholesterolemia.

The result reveals that the prevalence of hypercholesterolemia (total cholesterol  $\geq$  200 mg/dl) among respondent is 54.1%. Age (OR = 2.3), waist-hip ratio (OR = 1.8), family history of hyper cholesterol (OR = 3.2), LDL (OR = 45.6), triglyceride (OR = 2.9), fat intake (OR = 9.0), fruits consumption (OR = 2.2), vegetables consumption (OR = 2.8), smoking period (OR = 2.9), and work stress (OR = 1.8) were associated with hypercholesterolemia. This research suggests that health food consumption pattern and life style, and also gets routine in medical checkup can reduce the risk of hypercholesterolemia.