

ABSTRAK

HUBUNGAN POLA KONSUMSI LEMAK, TINGKAT AKTIVITAS FISIK DAN PENGETAHUAN GIZI TERHADAP KADAR KOLESTEROL TOTAL (Studi pada Penjamah Makanan Kantin Universitas Jenderal Soedirman)

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Latar Belakang: Hiperkolesterolemia merupakan salah satu penyebab kematian terbesar di dunia dengan prevalensi hingga 7,6% pada penduduk Indonesia. Faktor risiko hiperkolesterolemia antara lain; genetik, usia, jenis kelamin, status gizi, aktivitas fisik, pola konsumsi, serta faktor stres. Penelitian ini bertujuan untuk mengetahui hubungan pola konsumsi lemak, tingkat aktivitas fisik, dan pengetahuan gizi terhadap kadar kolesterol total pada penjamah makanan kantin di Universitas Jenderal Soedirman.

Metodologi: Desain kuantitatif dengan pendekatan *cross-sectional*. Sampel adalah penjamah makanan di 12 kantin Universitas Jenderal Soedirman sebanyak 60 responden sesuai kriteria penelitian. Data didapatkan dengan wawancara menggunakan SQ-FFQ untuk mengetahui pola konsumsi lemak, kuesioner GPAQ untuk mengetahui tingkat aktivitas fisik, kuesioner pengetahuan untuk mengetahui nilai pengetahuan gizi, dan hasil pemeriksaan kadar kolesterol total dengan metode *hand prick*. Hasil dianalisis menggunakan uji *fisher exact* dengan signifikansi 0,05.

Hasil Penelitian: Mayoritas responden memiliki pola konsumsi lemak yang tinggi (11,7%), memiliki tingkat aktivitas fisik ringan (13,3%), memiliki pengetahuan gizi yang kurang (56,7%) dan memiliki hiperkolesterolemia (20,0%). Tidak terdapat hubungan pola konsumsi lemak ($p=0,619$), tingkat aktivitas fisik ($p=0,655$), dan pengetahuan gizi ($p=0,262$) dengan kadar kolesterol total.

Kesimpulan: Tidak terdapat hubungan pola konsumsi lemak, tingkat aktivitas fisik, dan pengetahuan gizi dengan kadar kolesterol total.

Kata Kunci: aktivitas fisik, kadar kolesterol total, pengetahuan gizi, pola konsumsi lemak, penjamah makanan

Abstract
**THE RELATIONSHIP BETWEEN FAT CONSUMPTION PATTERNS,
PHYSICAL ACTIVITY LEVEL, AND NUTRITIONAL KNOWLEDGE
WITH TOTAL CHOLESTEROL LEVEL**

(Study on Food Handler of Universitas Jenderal Soedirman Canteens)

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Background: Hypercholesterolemia is one of non-communicable diseases that is currently becoming a lead cause of death with prevalence of 7.6% among Indonesians. Hypercholesterolemia can be triggered by genetics, age, sex, nutritional status, physical activity, consumption patterns, and stress factors. This study aims to determine the relationship between fat consumption patterns, physical activity level, and nutritional knowledge with total cholesterol level among food handlers in the canteen of Jenderal Soedirman University, who are responsible for preparing and serving foods on a daily basis.

Methodology: Quantitative observational design with a cross-sectional approach. With a total sample of 99 food handlers based on inclusion and exclusion criteria. Data were obtained by interview using the SQ-FFQ for fat consumption patterns, GPAQ for physical activity level, Nutrition Knowledge Questionnaire for nutritional knowledge, and total cholesterol level measured using hand prick method. The results were analyzed using fisher exact test with significance of (0.05).

Results: The majority of respondents had a healthy fat consumption pattern (88.3%), engaged in high levels of physical activity (51.7%), had poor nutrition knowledge (56.7%), and had normal total cholesterol levels (56.7%). There was no significant relationship between fat consumption pattern ($p=0.619$) physical activity level ($p=0.655$), and nutritional knowledge ($p=0.219$) with total cholesterol levels.

Conclusion: There was no significant relationship between fat consumption pattern, physical activity level, and nutritional knowledge with total cholesterol levels.

Keywords: fat consumption pattern, physical activity levels, nutritional knowledge, total cholesterol levels, food handlers