

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 KEPERAWATAN
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Hubungan Aktivitas Fisik dengan Kadar Kolesterol pada Masyarakat di Wilayah Kerja Puskesmas Kalibaru Kulon

vii+ 79 hal + 2 bagan + 10 tabel + 22 lampiran

Jumlah penyakit degeneratif semakin bertambah salah satunya adalah penyakit yang berhubungan dengan kolesterol. Kadar kolesterol di dalam darah berhubungan dengan aktivitas fisik, semakin banyak aktivitas fisik yang dilakukan setiap hari maka semakin besar pula pengeluaran energi harian, sehingga terjadi pengurangan kadar kolesterol dalam tubuh. Maka, penting untuk diketahui adanya hubungan antara aktivitas fisik dengan kadar kolesterol yang terdapat di dalam tubuh. Penelitian kuantitatif dengan pendekatan *cross-sectional*. Populasi dalam penelitian ini adalah seluruh masyarakat yang telah melakukan pemeriksaan kolesterol di wilayah kerja Puskesmas Kalibaru Kulon. Jumlah populasi dalam penelitian ini adalah 177 orang, dan sampel berjumlah 44 orang diambil dengan menggunakan teknik *simple random sampling*. Uji statistik antara aktivitas fisik dengan kadar kolesterol yang diukur menggunakan *spearman rho* dengan $\alpha = 0,05$ mendapatkan hasil *p value* = 0,000, dan $r = -0,764$ artinya terdapat hubungan antara aktivitas fisik dengan kadar kolesterol. Saran penelitian ini yaitu institusi kesehatan disarankan untuk memberikan penyuluhan yang berkaitan dengan peningkatan aktivitas fisik agar dapat mengurangi kadar kolesterol.

Kata Kunci: Aktivitas Fisik, Kadar Kolesterol, Puskesmas

ABSTRACT
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The Relationship between Physical Activity and Cholesterol Levels in the Community in the Kalibaru Kulon Health Center Working Area

vii+ 79 things + 2 charts + 10 tables + 22 appendices

The number of degenerative diseases is increasing, one of which is diseases related to cholesterol. Cholesterol levels in the blood are related to physical activity, the more physical activity you do every day, the greater your daily energy expenditure, resulting in a reduction in cholesterol levels in the body. So, it is important to know the relationship between physical activity and cholesterol levels in the body. Quantitative research with a cross-sectional approach. The population in this study were all people who had had their cholesterol checked in the Kalibaru Kulon Community Health Center working area. The total population in this research was 177 people. and a sample of 44 people was taken using simple random sampling techniques. The statistical test between physical activity and cholesterol levels measured using Spearman rho with $\alpha = 0.05$ resulted in p value = 0.000, and $r = -0.764$, meaning there is a relationship between physical activity and cholesterol levels. The suggestion of this research is that health institutions are advised to provide education related to increasing physical activity in order to reduce cholesterol levels.

Keywords: *Physical Activity, Cholesterol Levels, Community Health Center*