

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Skripsi, Juli 2026
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Hubungan Pengetahuan Tentang Faktor Risiko Profil Lipid Dengan Kepatuhan Diet Rendah Lemak Pada Pasien Penyakit Jantung Koroner Post-PCI/CABG di Poli Jantung RSUD Blambangan Banyuwangi

xviii + 162 Lembar + Daftar Pustaka 58 + 18 Tabel + 12 Lampiran

Abstrak

Penyakit Jantung Koroner (PJK) merupakan salah satu penyebab utama morbiditas dan mortalitas di dunia. Meskipun tindakan *Percutaneous Coronary Intervention* (PCI) dan *Coronary Artery Bypass Grafting* (CABG) dapat meningkatkan harapan hidup pasien, risiko kekambuhan tetap tinggi apabila faktor risiko, terutama profil lipid, tidak dikendalikan secara optimal. Salah satu upaya pencegahan kekambuhan adalah kepatuhan terhadap diet rendah lemak, yang dipengaruhi oleh tingkat pengetahuan pasien mengenai faktor risiko profil lipid. Penelitian ini bertujuan menganalisis hubungan antara pengetahuan tentang faktor risiko profil lipid dengan kepatuhan diet rendah lemak pada pasien PJK post-PCI/CABG di Poli Jantung RSUD Blambangan Banyuwangi. Penelitian menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*. Populasi berjumlah 110 pasien, dengan sampel sebanyak 86 responden yang dipilih menggunakan teknik *purposive sampling*. Instrumen penelitian berupa kuesioner pengetahuan faktor risiko profil lipid dan kuesioner kepatuhan diet rendah lemak. Analisis data menggunakan uji Spearman's Rho. Hasil penelitian menunjukkan sebagian besar responden memiliki pengetahuan kurang (67,4%) dan tidak patuh terhadap diet rendah lemak (51,2%). Uji Spearman's Rho menunjukkan hubungan yang signifikan antara pengetahuan dan kepatuhan diet ($r = 0,405$; $p = 0,000$), dengan kekuatan hubungan sedang dan arah positif. Semakin baik pengetahuan pasien, semakin tinggi kepatuhan terhadap diet rendah lemak. Edukasi kesehatan berkelanjutan diperlukan untuk meningkatkan pengendalian profil lipid, kepatuhan diet, serta mencegah kekambuhan PJK.

Kata Kunci: Pengetahuan, Profil Lipid, Kepatuhan Diet Rendah Lemak, Penyakit Jantung Koroner, PCI, CABG.

Daftar Pustaka: (2020–2025)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

Thesis, July 2026
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The Relationship Between Knowledge of Lipid Profile Risk Factors and Adherence to a Low-Fat Diet Among Post-Percutaneous Coronary Intervention/Coronary Artery Bypass Grafting Patients with Coronary Artery Disease at the Cardiology Outpatient Clinic of Blambangan Regional Hospital, Banyuwangi

xviii + 162 Sheet + Bibliography 58 + 18 Tables + 12 Attachment

Abstract

Coronary Heart Disease (CHD) is one of the leading causes of morbidity and mortality worldwide. Although Percutaneous Coronary Intervention (PCI) and Coronary Artery Bypass Grafting (CABG) have significantly improved patients' survival rates, the risk of disease recurrence remains high if cardiovascular risk factors, particularly lipid profile abnormalities, are not adequately controlled. Adherence to a low-fat diet is one of the essential strategies for preventing recurrence and is influenced by patients' knowledge of lipid profile risk factors. This study aimed to analyze the relationship between knowledge of lipid profile risk factors and adherence to a low-fat diet among post-PCI/CABG CHD patients at the Cardiology Outpatient Clinic of RSUD Blambangan Banyuwangi.

This study employed an analytical correlational design with a cross-sectional approach. The study population consisted of 110 patients, with a sample of 86 respondents selected using a purposive sampling technique. Data were collected using a lipid profile risk factor knowledge questionnaire and a low-fat diet adherence questionnaire. Data were analyzed using Spearman's Rank Correlation (Spearman's Rho) test.

The results showed that most respondents had poor knowledge, accounting for 58 respondents (67.4%), while the majority were non-adherent to a low-fat diet, accounting for 44 respondents (51.2%). Spearman's Rho analysis revealed a statistically significant relationship between knowledge of lipid profile risk factors and adherence to a low-fat diet among post-PCI/CABG CHD patients ($r = 0.405$; $p < 0.001$), indicating a moderate positive correlation. Patients with better knowledge tended to demonstrate higher adherence to a low-fat diet.

In conclusion, knowledge of lipid profile risk factors is significantly associated with adherence to a low-fat diet among post-PCI/CABG CHD patients. Therefore, continuous health education on lipid profile management and low-fat dietary practices should be strengthened to improve patient adherence and reduce the risk of recurrent coronary heart disease.

Keywords: *coronary artery disease, lipid profile, knowledge, low-fat diet adherence, Percutaneous Coronary Intervention, Coronary Artery Bypass Grafting.*

References: 2020–2025

