

## **ABSTRAK**

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### **Korelasi antara Tingkat Stres dengan Kadar Kolesterol**

#### **(Hiperkolesterolemia) Pada Pasien di Klinik Pratama Anak Bangsa**

**Latar Belakang :** Kolesterol adalah salah satu komponen lemak darah yang dibutuhkan oleh tubuh selain protein, vitamin, mineral, dan karbohidrat. Kolesterol berfungsi sebagai pembentuk dinding sel tubuh dan bahan utama hormon. Kolesterol diperlukan dalam jumlah yang normal namun apabila kadar kolesterol melebihi kadar normal dalam darah disebut hiperkolesterolemia. Hiperkolesterolemia dapat menyebabkan beberapa komplikasi seperti penyakit jantung koroner dan hipertensi. Beberapa faktor yang dapat meningkatkan kadar kolesterol antara lain jenis kelamin, kebiasaan merokok, riwayat obesitas, aktifitas fisik yang kurang dan stres kerja. Stres adalah suatu pengalaman yang menantang dan emosional secara fisiologis maupun psikologis. Stres dapat menyebabkan efek buruk terhadap kesehatan fisik maupun mental seseorang. Dimana orang yang memiliki tingkat stres tinggi cenderung terkena penyakit kardiovaskular.

**Tujuan :** Untuk mengetahui korelasi antara tingkat stres dengan kadar kolesterol pada pasien di Klinik Pratama Anak Bangsa.

**Hipotesis :** Terdapat korelasi antara tingkat stres dengan kadar kolesterol.

**Metode Penelitian :** Penelitian ini menggunakan studi observasional potong lintang. Sampel penelitian berjumlah 105 subjek yang merupakan pasien di Klinik Pratama Anak Bangsa menggunakan teknik purposive sampling. Pengambilan data akan dilakukan Januari - Februari 2020.

**Hasil Penelitian :** Hasil penelitian diolah dengan Uji Korelasi Spearman dengan nilai  $p = 0.000$  yang menunjukkan bahwa terdapat korelasi antara tingkat stres dengan peningkatan kolesterol dengan arah korelasi positif dengan kekuatan korelasi kuat.

**Kata Kunci :** hiperkolesterolemia, stres, pasien jantung

## ABSTRACT

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### **The Correlation between Stress Levels and Cholesterol Levels (Hypercholesterolemia) in Patients at Clinic Pratama Anak Bangsa**

**Background :** Cholesterol is a component of the lipid profile that is needed by the body in addition to protein, vitamins, minerals and carbohydrates. Cholesterol functions as a component in the formation of the cell wall and it is the main component of hormones. Cholesterol is needed in normal amounts, but if cholesterol levels exceed normal levels in the blood, it is called hypercholesterolemia. Hypercholesterolemia can cause several complications such as coronary heart disease and hypertension. Some factors that can increase cholesterol levels include gender, smoking habits, history of obesity, lack of physical activity and stress. Stress is an emotional and challenging experience, both physiologically and psychologically. Stress can cause adverse effects on a person's physical and mental health. At which a person who faces high stress levels tend to get cardiovascular disease.

**Aim:** To find out the relationship between stress levels and cholesterol levels in patients at Klinik Pratama Anak Bangsa.

**Hypothesis :** There is a relationship between stress levels and cholesterol levels.

**Method :** This experiment will be using cross sectional observational study. The sample of this study would include 105 patients that are part of Klinik Pratama Anak Bangsa by using purposive sampling technique. The data will be retrieved during the duration of January - February 2020. The results of the study will be processed using Pearson Correlation Test analysis.

**Results :** The results of the study were analyzed with the Spearman Correlation Test which resulted value of  $p = 0.000$  which showed that there was a correlation between the level of stress with an increase in cholesterol with a strong positive correlation.

**Keyword :** hypercholesterolemia, stress, heart patients