

**HUBUNGAN ASUPAN PROTEIN, LEMAK, DAN KARBOHIDRAT
TERHADAP KADAR KOLESTEROL TOTAL PADA PENDERITA
HIPERKOLESTEROLEMIA
(Studi Kasus di Puskesmas Kabupaten Jember)**

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ABSTRAK

Hiperkolesterolemia merupakan kondisi yang berkaitan dengan gangguan metabolisme lipid dan ditandai oleh peningkatan kadar kolesterol total dalam darah. Asupan zat gizi makro merupakan salah satu faktor yang diduga berkaitan dengan kadar kolesterol total. Penelitian ini bertujuan untuk menganalisis hubungan asupan protein, lemak, dan karbohidrat dengan kadar kolesterol total pada penderita hiperkolesterolemia di Kabupaten Jember. Penelitian ini menggunakan metode observasional analitik dengan desain *cross-sectional*. Sampel penelitian terdiri dari 108 responden yang dipilih menggunakan teknik *purposive sampling*. Pengumpulan data asupan zat gizi dilakukan menggunakan *Semi Quantitative Food Frequency Questionnaire* (SQ-FFQ), sedangkan kadar kolesterol total diperoleh melalui pemeriksaan kadar kolesterol. Data penelitian kemudian dianalisis menggunakan uji *Spearman Rank*. Hasil analisis menunjukkan adanya hubungan antara asupan protein dengan kadar kolesterol total ($p < 0,001$), asupan lemak dengan kadar kolesterol total ($p < 0,001$), dan asupan karbohidrat dengan kadar kolesterol total ($p = 0,003$). Berdasarkan hasil penelitian, dapat disimpulkan bahwa terdapat hubungan antara asupan protein, lemak, dan karbohidrat dengan kadar kolesterol total pada penderita hiperkolesterolemia di Kabupaten Jember.

Kata kunci: hiperkolesterolemia, kolesterol total, protein, lemak, karbohidrat.

***THE ASSOCIATION OF PROTEIN, FAT, AND CARBOHYDRATE INTAKE
WITH TOTAL CHOLESTEROL LEVELS AMONG PATIENTS WITH
HYPERCHOLESTEROLEMIA
(A Case Study in Community Health Centers of Jember Regency)***

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ABSTRACT

Hypercholesterolemia is a condition associated with lipid metabolism disorders and characterized by elevated total cholesterol levels in the blood. Macronutrient intake is considered one of the factors that may be associated with total cholesterol levels. This study aimed to analyze the relationship between protein, fat, and carbohydrate intake and total cholesterol levels among patients with hypercholesterolemia in Jember Regency. This study employed an analytic observational method with a cross-sectional design. A total of 108 respondents were selected using purposive sampling. Macronutrient intake data were collected using a Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ), while total cholesterol levels were obtained through cholesterol testing. The data were analyzed using the Spearman Rank test. The results showed a significant relationship between protein intake and total cholesterol levels ($p < 0.001$), fat intake and total cholesterol levels ($p < 0.001$), and carbohydrate intake and total cholesterol levels ($p = 0.003$). Based on the findings, it can be concluded that protein, fat, and carbohydrate intake were associated with total cholesterol levels among patients with hypercholesterolemia in Jember Regency.

Keywords: *hypercholesterolemia, total cholesterol, protein, fat, carbohydrate.*