

ABSTRAK

HUBUNGAN POLA AKTIVITAS FISIK DENGAN KADAR KOLESTEROL TOTAL DI WILAYAH PUSKESMAS RATU BERLIAN KECAMATAN BENUA KAYONG KABUPATEN KETAPANG

Nurul Fahira, Khairul Bariyah, Suharti Nurfiani

Politeknik 'Aisyiyah Pontianak

Email mahasiswa/peneliti: nurulfahirasyahab2121@gmail.com

Salah satu faktor yang dapat memengaruhi kadar kolesterol total adalah pola aktivitas fisik. Penelitian bertujuan untuk mengetahui hubungan antara pola aktivitas fisik dengan kadar kolesterol total pada usia 35–50 tahun di wilayah Puskesmas Ratu Berlian Kecamatan Benua Kayong Kabupaten Ketapang. Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross sectional*. Penelitian di wilayah Puskesmas Ratu Berlian Kecamatan Benua Kayong Kabupaten Ketapang dengan jumlah sampel 63 responden usia 35–50 tahun yang dipilih menggunakan teknik *purposive sampling*. Data pola aktivitas fisik diperoleh melalui kuesioner *International Physical Activity Questionnaire* (IPAQ), sedangkan kadar kolesterol total menggunakan metode *enzimatik-kolorimetrik*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji statistik *Chi-Square*. Hasil penelitian ini responden terbagi dalam kategori ringan sebanyak 10 responden (15,9%), sedang sebanyak 34 responden (54,0%), dan berat sebanyak 19 responden (30,2%). Hasil pemeriksaan kadar kolesterol total menunjukkan sebagian besar responden memiliki kadar kolesterol normal sebanyak 46 responden (73,0%), sedangkan responden dengan kadar kolesterol tidak normal sebanyak 17 responden (27,0%). Hasil uji *Chi-Square* nilai *Pearson Chi-Square* sebesar 7,041 dengan nilai signifikansi $p = 0,030$. Kesimpulan terdapat hubungan yang signifikan antara pola aktivitas fisik dengan kadar kolesterol total pada usia 35–50 tahun di wilayah Puskesmas Ratu Berlian Kecamatan Benua Kayong Kabupaten Ketapang.

Kata kunci : *Aktivitas fisik, kolesterol total, usia 35–50 tahun, IPAQ*

ABSTRACT

RELATIONSHIP BETWEEN PHYSICAL ACTIVITY PATTERNS AND TOTAL CHOLESTEROL LEVELS IN THE RATU BERLIAN PUBLIC HEALTH CENTER, BENUA KAYONG DISTRICT KETAPANG REGENCY

Nurul Fahira, Khairul Bariyah, Suharti Nurfiani

Aisyiyah Polytechnic, Pontianak

Student/researcher email: nurulfahirasyahab2121@gmail.com

Physical activity is one of the factors that may influence total cholesterol levels. This study aimed to determine the relationship between physical activity patterns and total cholesterol levels among individuals aged 35–50 years at Ratu Berlian Community Health Center, Benua Kayong District, Ketapang Regency. This study employed an analytical observational design with a cross-sectional approach. The study involved 63 respondents aged 35–50 years who were selected using a purposive sampling technique. Data on physical activity patterns were collected using the **International Physical Activity Questionnaire (IPAQ)**, while total cholesterol levels were measured using the enzymatic colorimetric method. Data were analyzed using univariate and bivariate analyses with the Chi-Square test. The results showed that 10 respondents (15.9%) had low physical activity, 34 respondents (54.0%) had moderate physical activity, and 19 respondents (30.2%) had high physical activity. Total cholesterol examination revealed that 46 respondents (73.0%) had normal total cholesterol levels, whereas 17 respondents (27.0%) had abnormal total cholesterol levels. The Chi-Square test showed a Pearson Chi-Square value of 7.041 with a significance value of $p = 0.030$, indicating a statistically significant relationship between physical activity patterns and total cholesterol levels. The findings indicate that there is a significant relationship between physical activity patterns and total cholesterol levels among individuals aged 35–50 years at Ratu Berlian Community Health Center, Benua Kayong District, Ketapang Regency.

Keywords: Physical activity, total cholesterol, 35–50 years, IPAQ