

**PROFIL LIPID HASIL UJI KESEHATAN PEKERJA PERTAMINA UP IV
CILACAP DI RUMAH SAKIT PERTAMINA CILACAP
PERIODE 1 APRIL-31 JUNI 2005**

Bobbi Arifin¹, Salmah Orbayinah²

INTISARI

Dislipidemia merupakan faktor resiko beberapa penyakit yang meningkat prevalensinya di Indonesia. Diantaranya penyakit jantung koroner yang diderita pada usia kebanyakan pekerja di Indonesia. Penelitian bertujuan untuk mengungkap profil lipid pekerja Pertamina Unit Pengolahan (UP) IV Cilacap yang menjalani uji kesehatan di Rumah Sakit Pertamina Cilacap (RSPC).

Rancangan penelitian adalah deskriptif observasional dengan pendekatan *cross-sectional* secara retrospektif. Sampel adalah pekerja Pertamina UP IV Cilacap yang menjalani uji kesehatan di RSPC periode 1 April-31 Juni 2005. Jumlah sampel sebanyak 374 orang. Data hasil penelitian dianalisis secara deskriptif dengan menampilkan tabel dan grafik distribusi kadar lipid dan frekuensi kadar lipid abnormal.

Dari hasil penelitian ditemukan bahwa berdasarkan kelompok usia, kadar kolesterol total dan kolesterol-*low density lipoprotein* (kolesterol-LDL) tertinggi pada usia 51-55 tahun, trigliserida dan kolesterol-*high density lipoprotein* (kolesterol-HDL) tertinggi pada usia 41-45 tahun. Frekuensi kadar kolesterol total dan kolesterol-LDL abnormal tertinggi pada usia 51-55 tahun, trigliserida abnormal tertinggi pada usia 41-45 tahun, kolesterol-HDL abnormal tertinggi pada usia 46-50 tahun. Berdasarkan jenis kelamin, kadar kolesterol total, trigliserida dan kolesterol-LDL tertinggi pada laki-laki, kolesterol-HDL tertinggi pada perempuan. Frekuensi kadar kolesterol total, trigliserida dan kolesterol-HDL abnormal tertinggi pada laki-laki, kolesterol-LDL abnormal tertinggi pada perempuan. Berdasarkan status merokok, kadar kolesterol total, kolesterol-HDL dan kolesterol-LDL tertinggi pada status tidak merokok, trigliserida tertinggi pada status merokok. Frekuensi kadar trigliserida dan kolesterol-HDL abnormal tertinggi pada status merokok, kolesterol-LDL abnormal tertinggi pada status tidak merokok, kolesterol total abnormal sama tinggi antara status merokok dan tidak merokok. Berdasarkan obesitas, kadar kolesterol total, kolesterol-HDL dan kolesterol-LDL tertinggi pada skor *body mass index* (BMI) normal, trigliserida tertinggi pada skor BMI *overweight*. Frekuensi kadar kolesterol total dan trigliserida abnormal tertinggi pada skor BMI *overweight*, kolesterol-HDL dan kolesterol-LDL tertinggi pada skor BMI normal.

Frekuensi kadar lipid abnormal tertinggi secara umum pada penelitian ini terdapat pada kolesterol total yaitu sebesar 63,6% atau sebanyak 238 orang.

KATA KUNCI: Profil lipid, kolesterol total, trigliserida, kolesterol-HDL, kolesterol LDL

¹ Mahasiswa Fakultas Kedokteran Universitas Muhammadiyah Yogyakarta

² Dosen Fakultas Kedokteran Universitas Muhammadiyah Yogyakarta

**LIPID PROFILE IN WORKER AT PERTAMINA UP IV CILACAP
DERIVED FROM MEDICAL TEST IN RUMAH SAKIT PERTAMINA
CILACAP GENERAL HOSPITAL PERIOD APRIL 1-JUNE 31, 2005**

Bobbi Arifin¹, Salmah Orbayinah²

ABSTRACT

Dyslipidemia is a risk factor for many diseases which have increasing prevalence in Indonesia. One of them is coronary heart disease which is suffered by most of working age population in Indonesia. The aim of this study was to reveal lipid profile in worker at Pertamina Unit Pengolahan (UP) IV Cilacap who took the medical test in Rumah Sakit Pertamina Cilacap (RSPC) general hospital.

The design of this study was retrospectively observational descriptive with cross-sectional approach. Sample consisted of 374 workers at Pertamina UP IV Cilacap who took the medical test in RSPC general hospital from April 1 to June 31, 2005. Data were analyzed descriptively by showing table and graphic of lipid concentration and abnormal lipid concentration frequency distribution.

Based on age group, highest total cholesterol and low density lipoprotein-cholesterol (LDL-cholesterol) concentration were found in 51-55 years old age group, highest triglyceride and high density lipoprotein-cholesterol (HDL-cholesterol) were found in 41-45 years old age group. Highest abnormal total cholesterol and LDL-cholesterol concentration frequency were found in 51-55 years old age group, highest triglyceride was found in 41-45 years old age group, highest HDL-cholesterol was found in 46-50 years old age group. Based on sex, highest total cholesterol, triglyceride and LDL-cholesterol concentration were found in male, highest HDL-cholesterol was found in female. Highest abnormal total cholesterol, triglyceride and HDL-cholesterol concentration frequency were found in male, highest LDL-cholesterol was found in female. Based on smoking status, highest total cholesterol, HDL-cholesterol and LDL-cholesterol concentration were found in non smokers, highest triglyceride was found on smokers. Highest abnormal triglyceride and HDL-cholesterol concentration frequency were found in smokers, highest LDL-cholesterol was found in non smokers, total cholesterol was found equal between smokers and non smokers. Based on obesity, highest total cholesterol, HDL-cholesterol and LDL-cholesterol concentration were found in normal workers, highest triglyceride was found in overweight and obese workers. Highest abnormal total cholesterol and triglyceride concentration frequency were found in overweight and obese workers, highest HDL-cholesterol and LDL-cholesterol were found in normal workers.

The highest abnormal lipid concentration frequency in this study was found on total cholesterol with percentage of 63,6 % or equal to 238 workers.

KEY WORDS: Lipid profile, total cholesterol, triglyceride, HDL-cholesterol, LDL-cholesterol

¹ Student, Faculty of Medicine of Muhammadiyah University of Yogyakarta

² Lecturer, Faculty of Medicine of Muhammadiyah University of Yogyakarta