

# **The Relation Between Saturated Fat Consumption And Unsaturated Fat Weigt Changing , Cholesterol Level, LDL And HDL To Dislipidemia Patiens At Kraton Pekalongan Hospital**

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## **ABSTRACT**

**Background :** Factors that cause dyslipidemia is the consumption of saturated fats, and the consumption of unsaturated fat is lacking. Dyslipidemia is one of the causes of CHD. At the Kraton hospital in 2016 has a prevalence of 3.94%. To examine the relationship between saturated and unsaturated fat consumption with changes in body weight, total cholesterol, LDL and HDL

**Method:** This research is non experimental research with desai crossesional. The researcher uses consecutive sampling technique. The number of subjects taken was 38 people with the statistical test used to analyze the relationship of Rank Spearman test with 95% confidence level. Independent variable : consumption of saturated fat and unsaturated fat. Dependent variable : weigt changing, cholesterol level, LDL and HDL.

**Result:** From 38 subjects with unsaturated fat consumption is not good as much as 97,4%. Consumption of unsaturated fat with good category 55,3 and not good equal to 44,7%.

and 2.6% increase 1 kg. Most subjects (86%) had high total cholesterol levels, 52.6% high LDL levels, 39.5% higher and only 7.9% with normal LDL levels. Most HDL subjects (57.9%) had mid-levels.

**Conclusion:** There are no relationship between eating saturated fat consumption and weight. between the consumption of unsaturated fat and weight, between the consumption of saturated fats with total cholesterol levels, between the consumption of unsaturated fats with total cholesterol levels, between the consumption of saturated fats with HDL levels, between the consumption of unsaturated fats with HDL levels. There are significant relation between saturated fat consumption and LDL levels with 0,478 p-value, between the consumption of unsaturated fats with LDL levels with - 0,476 p-value..

**Keywords :** consumption of saturated fat and unsaturated fat, weight, cholesterol levels, **LDL, HDL**