

ABSTRACT
RELATED RATIO BETWEEN WAIST CIRCUMFERENCE AND HIP CIRCUMFERENCE LIPID PROFIL (HDL, LDL, TOTAL CHOLESTEROL) AND BLOOD PRESSURE OF MENOPAUSE WOMEN IN RW 04 KEDUNGUNDU SEMARANG

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Menopause is a condition where menstruation stops permanently because loss of ovarian function to produces estrogen and progesterone hormones which can lead to an increase in total cholesterol, LDL and decreased HDL, which can result in an increase in blood pressure. RLPP is a technique used to determine the distribution of fat in the body, especially in the abdomen. The purpose of this research is to know the relationship of RLPP with lipid profile (HDL, LDL, total cholesterol) and blood pressure of menopause women Kedungmundu RW 04 Semarang

This research is explanatory research. Samples were taken using purposive sampling method by the number of samples obtained as many as 24 people. All respondents measured Waist-Hip Circumference, blood pressure and blood sampling to determine levels of HDL, LDL, and total cholesterol Variabels in this research is waist circumference and hip circumference, LDL cholesterol, HDL cholesterol, total cholesterol, and blood pressure. Bivariate analysis using product moment correlation when the data were normally distributed

The results indicate 91.7% of respondents suffer from abdominal obesity. The mean of cholesterol LDL levels is 93.083 mg / dl, the mean HDL level is 52 mg/dl and the mean of total cholesterol level is 173.5 mg / dl. The respondent's blood pressure averaged 136 mmHg / 81 mmHg. There is not relationship between RLPP with lipid profiles (HDL, LDL, total cholesterol) and blood pressure RW 04 Kedungmundu Semarang ($p = 0.827$, $p = 0.803$, $p = 0.708$, $p = 0.870$, $p = 0.915$)

There is not relationship between RLPP with lipid profiles (HDL, LDL, total cholesterol) and blood pressure RW 04 Kedungmundu Semarang

Keywords: RLPP, Lipid Profile, Blood Pressure and Menopause

ABSTRAK

HUBUNGAN RASIO LINGKAR PINGGANG PANGGUL (RLPP) DENGAN PROFIL LIPID (HDL, LDL, KOLESTEROL TOTAL) DAN TEKANAN DARAH WANITA MENOPAUSE RW 04 KEDUNGUMUNDU SEMARANG

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Menopause merupakan kondisi dimana menstruasi berhenti secara permanen karena hilangnya fungsi ovarium memproduksi hormon estrogen dan progesteron sehingga dapat menyebabkan peningkatan kolesterol total, LDL dan penurunan HDL yang berdampak pada peningkatan tekanan darah. RLPP merupakan teknik yang digunakan untuk mengetahui distribusi lemak dalam tubuh, terutama pada bagian abdomen. Tujuan penelitian ini yaitu untuk mengetahui hubungan RLPP dengan profil lipid (HDL, LDL, kolesterol total) dan tekanan darah wanita menopause Kedungmundu RW 04 Semarang.

Jenis penelitian ini adalah *explanatory research*. Sampel yang diambil menggunakan *purposive sampling* dengan jumlah sampel 24 orang. Semua responden diukur Rasio Lingkar Pinggang Panggul, tekanan darah dan pengambilan sampel darah untuk mengetahui kadar HDL, LDL, dan Kolesterol total. Variabel penelitian ini RLPP, profil lipid (LDL, HDL, kolesterol total) dan tekanan darah. Analisis bivariat menggunakan korelasi person

Hasil penelitian ini menunjukkan 91,7% responden menderita obesitas abdominal. Kadar LDL kolesterol responden rata-rata 93,083 mg/dl, rata-rata kadar HDL adalah 52 mg/dl dan rata-rata kadar kolesterol total adalah 173,5 mg/dl. Tekanan darah responden rata-rata 136 mmHg/ 81 mmHg. Tidak ada hubungan antara RLPP dengan profil lipid (HDL, LDL, kolesterol total) dan tekanan darah wanita menopause RW 04 Kedungmundu Semarang ($p=0,827$, $p=0,803$, $p=0,708$, $p=0,870$, $p=0,915$).

Tidak ada hubungan antara RLPP dengan profil lipid (HDL, LDL, kolesterol total) dan tekanan darah wanita menopause RW 04 Kedungmundu Semarang

Kata kunci : RLPP, profil lipid, tekanan darah, menopause