

ABSTRACT

FIKA SHAFIANA NADIA, NIM : G2B013007, 2017. THE CONNECTION BETWEEN THE INTAKE OF FOOD MATERIAL SOURCE OF ISOFLAVON, VITAMIN C AND VITAMIN E WITH TOTAL CHOLESTEROL LEVELS OF BLOOD IN HYPERCHOLESTEROLEMIC OUT-PATIENTS IN ROEMANI MUHAMMADIYAH HOSPITAL OF SEMARANG. Supervisor I : Sufiati Bintanah, Supervisor II : Hapsari Sulistya Kusuma, Undergraduate Nutrition Science Program The Faculty of Nursing and Health Muhammadiyah University of Semarang.

Preface : Hypercholesterolemia is a condition where the concentration of cholesterol in the blood exceeds normal value. Cholesterol which is in the food substances can increase cholesterol levels in the blood resulting in hypercholesterolemia, especially the intake of fat, cholesterol and antioxidant have a very big role in the process of coronary heart disease. This study is intended to determine the connection between the intake of food material source of isoflavon, vitamin c and vitamin e with total cholesterol levels of blood in hypercholesterolemic out-patients in Roemani hospital of Muhammadiyah Semarang.

Research Method : This research using an observational method with *cross-sectional* approach. Total sample is 24 respondents. The Sampling is using *random sampling* techniques. Data of the isoflavones, vitamin C and vitamin E intake obtained through *food recall* and a *food frequency questionnaire*. Total blood cholesterol levels data obtained from a medical record of Roemani Hospital of Muhammadiyah Semarang. The statistical test is using *Rank Spearman*.

Research Results : There is a significant association between isoflavone intake with total cholesterol ($p\text{-value} = 0.000$); there is a significant association between the intake of vitamin E with total cholesterol ($p\text{-value} = 0.008$); there is no significant association between vitamin C intake and total cholesterol ($p\text{-value} = 0.472$).

Conclusion : The isoflavones and vitamin E intake may affect the total blood cholesterol levels. Vitamin C intake cannot affect the total blood cholesterol levels.

Keyword : Isoflavone Intake, Vitamin C Intake, Vitamin E Intake, Total Blood Cholesterol Levels.