

ABSTRAK

Hipertensi merupakan salah satu penyakit tidak menular yang berhubungan erat dengan perubahan profil lipid dan berpotensi meningkatkan risiko penyakit kardiovaskular. Penelitian ini bertujuan untuk mengetahui gambaran profil lipid yang meliputi kolesterol total, *High Density Lipoprotein* (HDL), *Low Density Lipoprotein* (LDL), dan trigliserida pada pasien penderita hipertensi di RSUD Koja berdasarkan jenis kelamin, usia, dan tingkat hipertensi.

Penelitian ini menggunakan desain deskriptif dengan memanfaatkan data sekunder yang diperoleh dari rekam medis pasien hipertensi di RSUD Koja periode Januari 2025–Januari 2026. Sampel penelitian berjumlah 94 pasien yang dipilih menggunakan rumus slovin. Data hasil pemeriksaan profil lipid dianalisis secara deskriptif dan disajikan dalam bentuk distribusi frekuensi serta persentase. Hasil penelitian menunjukkan bahwa kadar kolesterol total normal ditemukan pada 53% pasien, kadar HDL abnormal pada 90% pasien, kadar LDL normal pada 52% pasien, dan kadar trigliserida normal pada 72% pasien. Karakteristik responden didominasi oleh laki-laki (59%), kelompok lansia (68%), dan hipertensi tingkat 2 (56%).

Dapat disimpulkan bahwa sebagian besar pasien hipertensi memiliki kadar HDL yang abnormal, sedangkan kadar kolesterol total, LDL, dan trigliserida umumnya masih dalam batas normal. Pemeriksaan profil lipid secara berkala diperlukan sebagai upaya deteksi dini dan pencegahan komplikasi kardiovaskular pada pasien hipertensi.

Kata kunci : Hipertensi, Profil Lipid, Kolesterol Total, HDL, LDL, Trigliserida.

Kepustakaan : 39

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ABSTRACT

Hypertension is one of the most common non-communicable diseases and is closely associated with alterations in lipid profile, which may increase the risk of cardiovascular disease. This study aimed to describe the lipid profile, including total cholesterol, High-Density Lipoprotein (HDL), Low-Density Lipoprotein (LDL), and triglycerides, among hypertensive patients at RSUD Kojā based on sex, age, and hypertension stage.

This study employed a descriptive design using secondary data obtained from the medical records of hypertensive patients at RSUD Kojā during the period of January 2025 to January 2026. A total of 94 patients were included as study samples. The lipid profile data were analyzed descriptively and presented in the form of frequency distributions and percentages. The results showed that normal total cholesterol levels were found in 53% of patients, abnormal HDL levels in 90%, normal LDL levels in 52%, and normal triglyceride levels in 72% of patients. The majority of subjects were male (59%), elderly (68%), and classified as stage 2 hypertension (56%).

It can be concluded that abnormal HDL levels were the most common lipid abnormality among hypertensive patients, whereas total cholesterol, LDL, and triglyceride levels were generally within normal ranges. Regular lipid profile examinations are recommended for early detection and prevention of cardiovascular complications in hypertensive patients.

Keywords : Hypertension, Lipid Profile, Cholesterol, HDL, LDL, triglycerides.

Bibliography : 39

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