

**GAMBARAN KADAR KOLESTEROL PECANDU ROKOK DAN KOPI
PADA MASYARAKAT DI
PUSKESMAS KECAMATAN KRAMAT JATI**

Rantika

ABSTRAK

Rokok dan kopi dapat meningkatkan kadar kolesterol yang dapat menginduksi gangguan kardiovaskular penyebab kematian tertinggi di dunia. Tujuan penelitian ini adalah untuk mengetahui gambaran kadar kolesterol pecandu rokok dan kopi pada masyarakat di Puskesmas Kecamatan Kramat Jati. Penelitian ini adalah penelitian kuantitatif-deskriptif dengan pendekatan *cross-sectional*. Sampel penelitian tersebut adalah masyarakat Puskesmas Kecamatan Kramat Jati. Pengambilan sampel dilakukan dengan cara *purposive sampling*. Variabel pecandu rokok diukur dengan kuesioner *Fagerstrom Test for Nicotine Dependence* (FTND) dengan nilai validitas ($r=0,699$) dan variabel pecandu kopi diukur dengan kuesioner konsumsi kopi dengan validitas ($r=0,312$) dan serta variabel kadar kolesterol diukur menggunakan alat GCU meter. Hasil penelitian menunjukkan pecandu rokok memiliki kadar kolesterol rata-rata 148 mg/dl, pecandu kopi dengan kadar kolesterol rata-rata 169 mg/dl, sedangkan pecandu rokok dan kopi memiliki rata-rata kadar kolesterol 158 mg/dl.

Kata kunci: Kadar kolesterol, Kopi, Rokok

DESCRIPTION OF CHOLESTEROL LEVELS OF CIGARETTE AND COFFEE ADDICTS AT PUSKESMAS KECAMATAN KRAMAT JATI

Rantika

ABSTRACT

Cigarettes and coffee can increase cholesterol levels which can induce cardiovascular disorders that cause the highest mortality in the world. The purpose of this study was to determine the description of cholesterol levels of cigarette and coffee addicts in the community at the Kramat Jati Sub-district Health Center. This study is a quantitative-descriptive study with a cross-sectional approach. The research sample was the community of Kramat Jati Sub-district Health Center. Sampling was done by purposive sampling. Cigarette addicts variable was measured by Fagerstrom Test for Nicotine Dependence (FTND) questionnaire with validity value ($r=0.699$) and coffee addicts variable was measured by coffee consumption questionnaire with validity ($r=0.312$) and cholesterol level variable was measured using GCU meter. The results showed cigarette addicts had an average cholesterol level of 148 ml/dl, coffee addicts with an average cholesterol level of 169 mg/dl, while cigarette and coffee addicts had an average cholesterol level of 158 mg/dl.

Keywords: *Cholesterol levels, Cigarette, Coffee*