

**ABSTRAK**

**GAMBARAN KADAR KOLESTEROL DARAH TOTAL TERHADAP  
PERBEDAAN DURASI MENJALANI DIET KETOGENIK DAN  
*INTERMITTENT FASTING* PADA KOMUNITAS DIET  
KETOFASTOSIS DAN TINJAUANNYA MENURUT  
PANDANGAN ISLAM**

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**Latar Belakang :** Diet ketogenik adalah diet rendah karbohidrat dengan kadar karbohidrat kurang dari 20 gram dan kadar protein 1,2 gram sampai 1,7 gram per kilogram berat badan dan sisa kalori berasal dari lemak. Dari salah satu hasil penelitian ditunjukkan bahwa sebagian besar responden yang memiliki kadar kolesterol total tinggi adalah individu dengan pola makan tinggi lemak dengan frekuensi sering (60,71%) dan berdasarkan hasil uji statistik didapatkan bahwa tidak ada hubungan antara pola makan tinggi lemak dengan kadar kolesterol total. Penelitian ini bertujuan untuk mengetahui kadar kolesterol darah total pada responden yang mengikuti diet ketogenik dan *intermittent fasting* jangka pendek dan jangka panjang

**Metode :** Penelitian ini merupakan penelitian kuantitatif secara *cross sectional*. Populasi yang digunakan adalah anggota aktif dalam komunitas diet “ketofastosis”. Sampel dipilih dengan cara *quota sampling*. Pengambilan data dilakukan dengan menggunakan kuesioner dan wawancara. Analisis data dilakukan dengan uji *k independent*.

**Hasil :** Dari 207 responden didapatkan bahwa tidak ada perbedaan signifikan antara kadar kolesterol darah total pada responden yang menjalani diet ketogenik dan *intermittent fasting* jangka pendek (1-3 bulan) dan jangka panjang (4-6 bulan dan >6 bulan) yang dianalisis menggunakan uji statistik yaitu *k independent* didapatkan hasil  $p = 0,852$  ( $p > 0,005$ ). Hal ini membenarkan  $H_0$  yaitu tidak terdapat hubungan antara kadar kolesterol darah total pada individu yang menjalani diet ketogenik dan *intermittent fasting* jangka panjang dengan kadar kolesterol darah total pada individu yang menjalani diet ketogenik dan *intermittent fasting* jangka pendek.

**Simpulan :** Tidak terdapat perbedaan signifikan pada kadar kolesterol darah total pada responden yang menjalani diet ketogenik dan *intermittent fasting* jangka pendek dan jangka panjang. Kadar kolesterol darah total tidak dipengaruhi oleh perilaku makan dan aktivitas fisik serta terdapat beberapa nutrisi yang tidak diharapkan yang paling banyak adalah penyakit gastrointestinal.

**Kata Kunci :** Diet ketogenik, *intermittent fasting*, durasi diet, kolesterol total

**ABSTRACT**

**DESCRIPTION OF TOTAL BLOOD CHOLESTEROL LEVELS ON  
DURATION DIFFERENCES UNDERGO KETOGENIC DIETS  
AND INTERMITTENT FASTING IN KETOFASTOSIS DIET  
COMMUNITIES AND ACCORDING TO ISLAMIC  
PERSPECTIVE**

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**Background:** The ketogenic diet is a low-carbohydrate diet with carbohydrate levels of less than 20 grams and protein content of 1.2 grams to 1.7 grams per kilogram of body weight and the remaining calories come from fat. From one of the research results, it was shown that the majority of respondents who had high total cholesterol levels were individuals with high-fat diets with frequent frequency (60.71%) and based on statistical results it was found that there was no relationship between high-fat diets and cholesterol levels total. This aim of this research is to find out total blood cholesterol levels on respondents who follow the ketogenic diet and intermittent fasting short and long term.

**Methods:** This research is a quantitative cross sectional study. The population used is an active member of the "ketofastosis" diet community. The sample was chosen by quota sampling. Data retrieval was done using questionnaires and interviews. Data analysis was carried out by k independent test.

**Results:** From 207 respondents, it is found that there are no significant differences between total blood cholesterol levels in respondents who underwent the ketogenic diet and intermittent fasting on short-term (1-3 months) and long-term (4-6 months and > 6 months) which are analyzed using statistical test k independent obtained results  $p = 0.852$  ( $p > 0.005$ ). This confirms  $H_0$  that there is no relationship between total blood cholesterol levels in individuals undergoing the short term and long term ketogenic diet combined with intermittent fasting with total blood cholesterol levels in individuals undergoing the ketogenic diet.

**Conclusion:** There are no significant differences in total blood cholesterol levels in respondents who underwent the ketogenic diet and short and long term intermittent fasting. Total blood cholesterol levels are not affected by diet and physical activity and there are some unexpected nutrients which are mostly gastrointestinal diseases.

**Keywords:** Ketogenic Diet, Intermittent Fasting, Diet Duration, Total Cholesterol