

ABSTRAK

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Judul Skripsi : Derajat Hipertensi Pada Pasien Jantung Koroner di Rumah Sakit Umum Koja Periode Januari-Desember 2024 dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Hipertensi dan dislipidemia merupakan dua faktor risiko utama penyakit jantung koroner (PJK) yang dapat memengaruhi kesehatan kardiovaskular. Penelitian ini bertujuan untuk mengeksplorasi hubungan antara kadar kolesterol total dan low-density lipoprotein (LDL) dengan derajat hipertensi pada pasien PJK di RSUD Koja Jakarta Utara selama periode Januari hingga Desember 2024.

Metode: Tipe penelitian yang digunakan adalah observasional deskriptif dengan desain cross-sectional. Populasi penelitian mencakup pasien poliklinik penyakit dalam yang didiagnosis PJK dan memiliki data lengkap tentang kadar kolesterol serta tekanan darah. Pengambilan sampel dilakukan menggunakan metode purposive sampling, dan analisis data dilakukan dengan uji Chi-square untuk mengevaluasi hubungan antara variabel yang diteliti.

Hasil: Hasil analisis menunjukkan bahwa terdapat hubungan yang signifikan antara kadar kolesterol total dan derajat hipertensi ($p=0,013$), serta antara kadar LDL dengan hipertensi ($p=0,011$). Pasien dengan kolesterol tinggi cenderung mengalami hipertensi derajat 2, sedangkan pasien dengan kadar kolesterol normal lebih banyak dalam kategori tekanan darah yang lebih rendah.

Kesimpulan: Terdapat hubungan yang bermakna antara kadar kolesterol total dan LDL dengan derajat hipertensi pada pasien PJK di RSUD Koja. Penjagaan terhadap kadar kolesterol dan tekanan darah sangat penting dalam manajemen risiko kardiovaskular.

Kata Kunci: Kolesterol total, LDL, hipertensi, penyakit jantung koroner, RSUD Koja.

ABSTRACT

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Background: Hypertension and dyslipidemia are two major risk factors for coronary heart disease (CHD) that can affect cardiovascular health. This study aims to explore the relationship between total cholesterol and low-density lipoprotein (LDL) levels and the degree of hypertension in CHD patients at Koja Regional General Hospital, North Jakarta, from January to December 2024.

Methods: This study was a descriptive observational study with a cross-sectional design. The study population included internal medicine outpatients diagnosed with CHD and with complete data on cholesterol and blood pressure levels. Sampling was conducted using a purposive sampling method, and data analysis was performed using the Chi-square test to identify relationships between the variables.

Results: The analysis showed a significant relationship between total cholesterol levels and the degree of hypertension ($p=0.013$), as well as between LDL levels and hypertension ($p=0.011$). Patients with high cholesterol tended to have stage 2 hypertension, while patients with normal cholesterol levels were more likely to be in the lower blood pressure category.

Conclusion: There was a significant relationship between total cholesterol and LDL levels and the degree of hypertension in CHD patients at Koja Regional Hospital. Maintaining cholesterol and blood pressure levels is crucial in cardiovascular risk management.

Keywords: Total cholesterol, LDL, hypertension, coronary heart disease, Koja Regional Hospital.