

ABSTRAK

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Program Studi : Fakultas Kedokteran Umum
Judul Skripsi : Korelasi Konsumsi Daging Merah dan Jeroan terhadap Kadar Kolesterol Total Darah pada Tenaga Kependidikan Universitas YARSI serta Tinjauannya Menurut Pandangan Islam

Latar Belakang: Tingginya kadar kolesterol total dipengaruhi oleh berbagai faktor, antara lain genetik, jenis kelamin, dan makanan, khususnya yang mengandung asam lemak jenuh serta kolesterol tinggi, seperti daging merah dan jeroan yang memicu aterosklerosis. Penduduk DKI Jakarta, termasuk tenaga kependidikan, memiliki tingkat konsumsi daging merah tertinggi di Indonesia. Dalam perspektif Islam, pola makan harus halal, thayyib, dan seimbang.

Metode: Penelitian ini merupakan studi kuantitatif dengan desain kohort prospektif yang dilakukan selama dua minggu terhadap 38 responden laki-laki. Data konsumsi pangan dikumpulkan menggunakan metode *estimated food record*. Pemeriksaan kadar kolesterol total darah dilakukan sebelum dan setelah periode penelitian. Uji normalitas data menggunakan Shapiro-wilk, sedangkan analisis korelasi menggunakan uji korelasi Spearman.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar tenaga kependidikan Universitas YARSI mengonsumsi daging merah sebanyak 21-30 g/hari (42,1%) dan jeroan kurang dari 5 g/hari (73,7%). Pada pemeriksaan awal, mayoritas responden memiliki kadar kolesterol total darah < 200 mg/dL, yaitu sebesar 50,0%. Terdapat korelasi positif yang signifikan antara konsumsi daging merah ($r_s = 0,334$; $p = 0,040$) dan jeroan ($r_s = 0,446$; $p = 0,005$) dengan rata-rata kadar kolesterol total darah. Pembatasan konsumsi telur dan makanan dengan teknik *deep frying* menurunkan rata-rata kadar kolesterol total darah.

Simpulan: Sebagian besar tenaga kependidikan Universitas YARSI mengonsumsi daging merah 21-30 g/hari dan jeroan < 5 g/hari, dengan mayoritas kadar kolesterol total darah awal dalam batas normal. Terdapat hubungan positif yang signifikan antara konsumsi daging merah dan jeroan dengan rata-rata kadar kolesterol total darah. Pembatasan konsumsi telur dan makanan *deep frying* terbukti menurunkan kadar kolesterol total darah. Dari perspektif Islam, temuan ini menegaskan pentingnya penerapan prinsip *halalan thayyiban* serta seimbang sebagai upaya preventif dalam menjaga kesehatan.

Kata Kunci: Daging Merah, Jeroan, Kolesterol Total, Kohort Prospektif, Kesehatan Metabolik

ABSTRACT

Name : Aulia Nadira Prasetya

Study Program : Faculty of Medicine

Title : *Correlation Between Red Meat and Offal Consumption and Total Blood Cholesterol Levels Among Administrative Staff at YARSI University and An Islamic Perspective*

Background: *High total cholesterol levels are influenced by genetic predisposition, sex, and dietary intake, particularly foods high in saturated fatty acids and cholesterol, such as red meat and offal, which may induce atherosclerosis. Residents of DKI Jakarta, including administrative staff at YARSI University who served as respondents, have the highest red meat consumption in Indonesia. From an Islamic perspective, diets should be halal, thayyib, and moderate.*

Methods: *This study employed a quantitative approach with a prospective cohort design conducted over a two-week period involving 38 male respondents. Dietary intake data were collected using the estimated food record method. Total blood cholesterol levels were measured before and after the study period. Data normality was assessed using the Shapiro-wilk test, while correlation analysis was performed using Spearman's correlation test.*

Results: *Most respondents consumed red meat at 21-30 g/day (42.1%) and offal at less than 5 g/day (73.7%). At baseline, the majority of respondents had total blood cholesterol levels below 200 mg/dL, accounting for 50.0%. A significant positive correlation was observed between red meat consumption ($r_s = 0.334$; $p = 0.040$) and offal consumption ($r_s = 0.446$; $p = 0.005$) with mean total blood cholesterol levels. Restricting the intake of eggs and foods prepared using the deep frying technique reduced the mean total blood cholesterol.*

Conclusion: *Most respondents consumed red meat at 21-30 g/day and offal at less than 5 g/day, with the majority having normal baseline total blood cholesterol levels. There was a significant positive relationship between red meat and offal consumption and mean total blood cholesterol levels. Restricting the intake of eggs and deep-fried foods was effective in reducing total blood cholesterol levels. From an Islamic perspective, these findings emphasize the importance of applying the principles of halal and thayyib and balanced consumption as preventive measures to maintain health.*

Keywords: Red meat, Offal, Total Cholesterol, Prospective Cohort, Metabolic Health