

## ABSTRAK

Dislipidemia adalah suatu keadaan dimana terdapat abnormalitas profil lipid dalam darah seperti peningkatan kolesterol total, *Low Density Lipoprotein* (LDL), trigliserida, dan penurunan kolesterol *High Density Lipoprotein* (HDL). Kadar lipid non HDL yang meningkat menyebabkan penyempitan pembuluh darah atau aterosklerosis. Metode yang digunakan yaitu studi pustaka (*Library Research/ Literature Review*) sifat dari penelitian ini adalah deskriptif. Populasi penelitian ini adalah jurnal dan karya tulis ilmiah yang telah melalui *screening* yaitu dengan judul analisa data kadar profil lipid pada penderita hipertensi. Hasil evaluasi penelitian secara *Literature Review Jurnal* didapatkan sejumlah 40 responden dengan hasil kadar kolesterol total penderita hipertensi stadium 1 adalah 220.527 mg/dl dan rata-rata kadar kolesterol pada penderita hipertensi stadium 2 didapatkan lebih tinggi yaitu 241.937 mg/dl. Sedangkan kadar trigliserida pada hipertensi stadium 1 dengan hasil rata-rata 160 mg/dl, kadar trigliserida pada hipertensi stadium 2 dengan hasil rata-rata 238 mg/dl. Didapatkan sejumlah 160 responden dengan hasil kadar trigliserida dengan riwayat hipertensi 162 mg/dl, rata-rata kadar kolesterol total responden hipertensi 243,27 mg/dl. Rata-rata kadar HDL responden hipertensi 53,91 mg/dl. Rata-rata kadar LDL responden hipertensi 158,88 mg/dl. Dan didapatkan sejumlah 16 responden dengan hasil dari 6 orang dengan kadar trigliserida yang normal sebesar 37,5 % sedangkan 10 orang dengan kadar trigliserida yang tidak normal sebesar 62,5 %. Hal ini dikarenakan sebagian besar profil lipid terdapat hubungan dengan penderita hipertensi. Kesimpulan dari penelitian ini adalah berdasarkan hasil analisa data bahwa terdapat pengaruh profil lipid pada penderita hipertensi.

**Kata kunci :** Kadar Profil Lipid, Hipertensi, Literatur Review Jurnal

## ABSTRACT

Dyslipidemia is a condition where there are lipid profile abnormalities in the blood such as an increase in total cholesterol, Low Density Lipoprotein (LDL), triglycerides, and a decrease in High Density Lipoprotein (HDL) cholesterol. Increased non-HDL lipid levels cause constriction of blood vessels or atherosclerosis. The method used is a library study (Library Research / Literature Review) the nature of this study is descriptive. The population of this study is journals and scientific papers that have been screened, namely the title of data analysis of lipid profile levels in hypertensive patients.. The results of a Literature Review Journal study were found to have 40 respondents with the result that total cholesterol levels in patients with stage 1 hypertension were 220,527 mg / dl and the average cholesterol levels in patients with stage 2 hypertension were higher at 241,937 mg / dl. Whereas triglyceride levels in stage 1 hypertension with an average yield of 160 mg / dl, triglyceride levels in stage 2 hypertension with an average yield of 238 mg / dl. A total of 160 respondents resulted in triglyceride levels with a history of hypertension 162 mg / dl, mean total cholesterol level of hypertension respondents 243.27 mg / dl. The average HDL level of hypertension respondents was 53.91 mg / dl. The average LDL levels of hypertension responden 158.88 mg / dl. And obtained a number of 16 respondents with the results of 6 people with normal triglyceride levels of 37.5% while 10 people with abnormal triglyceride levels of 62.5%. This is because most lipid profiles are associated with hypertension sufferers. The conclusion of this study is based on the results of data analysis that there is an influence on the lipid profile in patients with hypertension.

**Keywords :** *Lipid Profile Level, Hypertension, Journal Review Literature*