

**HUBUNGAN KADAR ESTRADIOL DAN AKTIVITAS FISIK DENGAN
KADAR PROFIL LIPID PADA PEREMPUAN PREMENOPAUSE
DI KOTA PADANG
TAHUN 2017**

TESIS



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ABSTRAK

Latar Belakang : Pada perempuan premenopause kadar estradiol yang rendah dan aktivitas fisik yang kurang bisa mengakibatkan terjadinya dislipidemia. Dislipidemia merupakan salah satu faktor risiko penyakit jantung koroner (PJK). Angka kejadian PJK banyak terjadi pada usia premenopause dibandingkan usia produktif, persentase perempuan lebih tinggi mengalami PJK dibandingkan laki-laki.

Tujuan : Untuk mengetahui hubungan kadar estradiol dan aktivitas fisik dengan profil lipid pada perempuan premenopause di Kota Padang.

Metode Penelitian : Penelitian ini dilaksanakan di Kota Padang, bersifat observasional, desain *cross sectional*. Sampel penelitian 79 perempuan premenopause. Kadar estradiol dinilai dengan metode ELISA, aktivitas fisik dinilai dengan kuesioner *international physical activity* (IPAQ), profil lipid dinilai dengan metode enzimatik kolorimetri. Hubungan kadar estradiol dengan kadar profil lipid dianalisis menggunakan uji *korelasi pearson*. Hubungan aktivitas fisik dengan kadar profil lipid menggunakan uji *ANOVA*.

Hasil : Rata-rata kadar estradiol responden 144,68 pg/ml, rata-rata aktivitas fisik responden yaitu aktivitas fisik berat sebanyak 41,8%, rata-rata kadar kolesterol responden 194,76 mg/dl, rata-rata kadar trigliserida responden 118,75 mg/dl, rata-rata kadar kolesterol LDL responden 120,64 mg/dl, rata-rata kadar kolesterol HDL responden 53,18 mg/dl.

Kesimpulan : Ada hubungan yang bermakna kadar estradiol dengan kadar trigliserida, dan kolesterol LDL. Ada hubungan yang bermakna aktivitas fisik dengan kadar kolesterol total dan kadar trigliserida. Tidak ada hubungan kadar estradiol dengan kadar kolesterol total dan kolesterol HDL. Tidak ada hubungan aktivitas fisik dengan kolesterol LDL dan kolesterol HDL.

Kata Kunci : Kadar Estradiol, Aktivitas Fisik , Kadar Profil Lipid, Premenopause

**Correlation Between Estradiol Levels And Physical Activities
To Lipid Profile Levels of Premenopausal Women
In Padang 2017**

ABSTRACT

Background: In premenopausal women, low estradiol levels and lack of physical activity can result in dyslipidemia. Dyslipidemia is a risk factor for coronary heart disease (CHD). The incidence of CHD occurs a lot in premenopausal age compared to productive age, the percentage of women who experience higher CHD than men.

Objective: To determine the correlation of estradiol levels and physical activity with lipid profiles in premenopausal women in Padang City.

Research Method: This research was carried out in Padang City. The study was observational, cross-sectional design. The study sample was 79 premenopausal women. Estradiol levels were assessed by the ELISA method, physical activity was assessed by an international physical activity (IPAQ) questionnaire, lipid profiles were assessed by colorimetric enzymatic methods. Correlation of estradiol levels with lipid profile levels were analyzed using the Pearson correlation test, correlation of physical activity with lipid profile level using the ANOVA test.

Results: The mean estradiol level of respondents was 144.68 pg/ml, the mean physical activity of respondents is heavy physical activity as much as 41.8%, the mean cholesterol level of respondents was 194.76 mg/dl, the mean triglyceride level of respondents was 118.75 mg/dl, the mean LDL cholesterol level of respondents was 120.64 mg/dl, the mean HDL cholesterol level was 53.18 mg/dl.

Conclusion: There was a significant correlation between estradiol levels with triglyceride levels and LDL cholesterol. There was a significant correlation physical activity with total cholesterol levels and triglyceride levels. There is no correlation between estradiol levels with total cholesterol and HDL cholesterol. There is no correlation physical activity with LDL cholesterol and HDL cholesterol.

Keyword: Estradiol Level, Physical Activity, Lipid Profile Level, Premenopause