# ABSTRAK

Obesitas merupakan akumulasi lemak secara berlebihan antara tinggi badan dan berat badan sehingga dapat mengganggu kesehatan. Kadar kolesterol cenderung meningkat pada orang yang mengalami obesitas, kolesterol merupakan indikator dalam menentukan risiko kardiovaskular. Peningkatan kadar hs-CRP (*high sensitivity C-Reactive Protein*) adalah penanda inflamasi yang berkaitan dengan meningkatnya risiko kardiovaskular dimasa mendatang. Penelitian ini bertujuan untuk mengetahui hubungan kadar *high sensitivity C-Reactive Protein* dengan kadar kolesterol total pada obesitas. Penelitian ini menggunakan rancangan observasional dengan pendekatan *cross sectional analytic.* Metode pemeriksaan kolesterol total menggunakan metode kolorimetri enzimatik, sedangkan pemeriksaan hs-CRP menggunakan metode FIA (*Fluorescent immunoassay*). Hasil penelitian kadar kolesterol <200mg/dL sebanyak 10 responden, kadar 200-239 mg/dL sebanyak 10 responden, kadar >240 mg/dL sebanyak 10 responden. Hasil penelitian kadar hs-CRP <1 mg/L sebanyak 9 responden, kadar 1-3 mg/L sebanyak 12 responden, kadar >3 mg/L sebanyak 9 responden. Hasil analisis uji normalitas *Shapiro Wilk* didapatakan nilai *p-value* (0,000) <0,05 pada pemeriksaan hs-CRP yang berarti berdistribusi tidak normal dan pada pemeriksaan kolesterol total diperoleh nilai *p-value* (0,313) >0,05 yang berarti berdistribusi normal, sehingga uji yang digunakan adalah uji korelasi non parametrik *spearman's* menunjukkan nilai r 0,336 dan nilai *p-value* 0,070 (>0,05) yang menunjukkan tidak terdapat hubungan antara kadar hs-CRP dengan kolesterol total pada obesitas.



**Kata kunci:** Obesitas, Kolesterol Total, hs-CRP

## *ABSTRACT*

*Obesity is an excessive accumulation of fat between height and weight so that it can harm health. Cholesterol levels tend to increase in people who are obese, cholesterol is an indicator in determining cardiovascular risk. Elevated hs-CRP (high sensitivity C-Reactive Protein) levels are an inflammatory marker associated with increased cardiovascular risk in the future. This study aims to determine the relationship between high sensitivity C-Reactive Protein levels and total cholesterol levels in obesity. This research uses an observational design with a cross sectional analytic approach. The total cholesterol examination method uses the enzymatic colorimetric method, while the hs-CRP examination uses the FIA (Fluorescent Immunoassay) method. The results of the research were cholesterol levels <200mg/dL for 10 respondents, levels of 200-239 mg/dL for 10 respondents, levels >240 mg/dL for 10 respondents. The results of the research were that hs-CRP levels were <1 mg/L for 9 respondents, levels of 1-3 mg/L for 12 respondents, levels >3 mg/L for 9 respondents. The results of the Shapiro Wilk normality test analysis showed a p-value (0.000) <0.05 in the hs-CRP examination, which means it is not normally distributed, and in the total cholesterol examination, the p-value (0.313) was >0.05, which means it is normally distributed. so the test used was the Spearman's non-parametric correlation test showing an r value of 0.336 and a p-value of 0.070 (>0.05) which indicates there is no relationship between hs-CRP levels and total cholesterol in obesity.*



***Keywords:*** *Obesity, Total Cholesterol, hs-CRP*