

## RELATIONSHIP BETWEEN ENERGY, PROTEIN, FAT AND CARBOHYDRATE INTAKE WITH TRIGLYCERIDE LEVELS IN POLTEKKES KEMENKES YOGYAKARTA EMPLOYEES

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### ABSTRACT

**Background:** Triglycerides are fats formed from food. The habit of eating high-calories and fatty foods can cause hypertriglyceridemia, while hypertriglyceridemia can trigger various diseases such as heart disease.

**Objective:** To determine the relationship between energy, protein, fat and carbohydrate intake with triglyceride levels in employees.

**Methods:** This type of research is an observational research with a cross sectional approach. The study was conducted in August 2018. The subjects of the study were Poltekkes Kemenkes Yogyakarta Employees at Campus 1, who were willing to be respondents, did not consume alcohol, did not take drugs that affect triglyceride levels and did not have a history of diabetes mellitus, kidney disease and metabolic syndrome. The number of samples in this study are 50 people. The research variables are intake of energy, protein, fat, carbohydrate. Data analysis using Pearson correlation.

**Results:** Respondents with high energy intake and triglyceride levels were 40%. Respondents with high protein intake and triglyceride levels were 22%. Respondents with high fat intake and triglyceride levels were 40%. Respondents with high carbohydrate intake and triglyceride levels were 40%. Pearson correlation test results showed that there was no relationship between energy, protein, fat, and carbohydrate intake with triglyceride levels.

**Conclusion:** There is no relationship between energy, protein, fat and carbohydrate intake with triglyceride levels in employees.

**Keywords:** Intake, Energy, Protein, Fat, Carbohydrate, Triglycerides

## HUBUNGAN ANTARA ASUPAN ENERGI, PROTEIN, LEMAK, DAN KARBOHIDRAT DENGAN KADAR TRIGLISERIDA PADA KARYAWAN POLTEKKES KEMENKES YOGYAKARTA

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### ABSTRAK

**Latar Belakang:** Trigliserida merupakan lemak yang terbentuk dari makanan. Kebiasaan mengonsumsi makanan yang tinggi kalori dan berlemak dapat menyebabkan hipertrigliseridemia, sedangkan hipertrigliseridemia dapat memicu berbagai penyakit seperti penyakit jantung.

**Tujuan Penelitian:** Mengetahui hubungan antara asupan energi, protein, lemak dan karbohidrat dengan kadar trigliserida pada karyawan.

**Metode Penelitian:** Jenis penelitian ini termasuk penelitian observasional dengan pendekatan *cross sectional*. Penelitian dilakukan pada bulan Agustus 2018. Subyek penelitian yaitu Karyawan Poltekkes Kemenkes Yogyakarta di Kampus 1, yang bersedia menjadi responden, tidak mengonsumsi alkohol, tidak mengonsumsi obat-obatan yang mempengaruhi kadar trigliserida dan tidak memiliki riwayat penyakit diabetes mellitus, penyakit ginjal dan sindrom metabolik. Jumlah sampel dalam penelitian ini yaitu 50 orang. Variabel penelitian adalah asupan energi, protein, lemak, karbohidrat dan kadar trigliserida. Analisis data menggunakan korelasi pearson.

**Hasil Penelitian:** Responden dengan asupan energi dan kadar trigliserida tinggi yaitu 40%. Responden dengan asupan protein dan kadar trigliserida tinggi yaitu 22%. Responden dengan asupan lemak dan kadar trigliserida tinggi yaitu 40%. Responden dengan asupan karbohidrat dan kadar trigliserida tinggi yaitu 40%. Hasil uji korelasi pearson menunjukkan bahwa tidak ada hubungan antara asupan energi, protein, lemak, dan karbohidrat dengan kadar trigliserida.

**Kesimpulan:** Tidak ada hubungan antara asupan energi, protein, lemak dan karbohidrat dengan kadar trigliserida pada karyawan.

**Kata Kunci:** Asupan, Energi, Protein, Lemak, Karbohidrat, Trigliserida