

ABSTRAK

Latar Belakang: Menopause merupakan berakhirnya siklus menstruasi secara alami, biasanya terjadi saat wanita memasuki usia 45-55 tahun yang ditandai dengan berhentinya menstruasi selama 12 bulan setelah menstruasi terakhir. Pada usia menopause, akan terjadi penurunan hormon estrogen. Berkurangnya sampai hilangnya hormon estrogen akibat hilangnya fungsi ovarium dapat menyebabkan gangguan metabolisme lipid, salah satunya yaitu rendahnya kadar *High Density Lipoprotein* (HDL). Penurunan kadar HDL dapat mengakibatkan terbentuknya aterosklerosis dan hipertensi.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran kadar *High Density Lipoprotein* (HDL) pada wanita menopause dan belum menopause di wilayah kerja Puskesmas Banguntapan 1 Bantul.

Metode: Jenis penelitian yang digunakan adalah deskriptif observasional dengan desain penelitian yang digunakan adalah *crosssectional*. Sampel yang digunakan sebanyak 36 sampel dan diperoleh dari wanita menopause dan belum menopause berusia 45-55 tahun yang memeriksakan diri ke Laboratorium Puskesmas Banguntapan 1 Bantul. Sampel darah vena di-*centrifuge* dan diambil serumnya kemudian dilakukan pemeriksaan kadar HDL menggunakan spektrofotometri dengan metode *direct*. Data hasil pemeriksaan kadar HDL dianalisis secara deskriptif dengan penyajian tabel dan histogram.

Hasil Penelitian: Berdasarkan hasil penelitian didapatkan bahwa kadar HDL terendah adalah 31,26 mg/dL dan kadar HDL tertinggi adalah 92,57 mg/dL. Pemeriksaan kadar HDL pada usia menopause dan belum menopause 45-55 tahun didapatkan rerata hasil usia menopause yaitu 52,55 mg/dL dan usia belum menopause yaitu 57,99 mg/dL.

Kesimpulan: Dari 36 responden terdapat 2 responden (5,56%) memiliki kadar HDL rendah, 22 responden (61,11%) memiliki kadar HDL normal dan 12 responden (33,33%) memiliki kadar HDL tinggi.

Kata Kunci: Kadar *High Density Lipoprotein* (HDL), Menopause, Belum Menopause

ABSTRACT

Background: Menopause is the end menstrual cycle of natural, usually occurs when women enter the age of 45-55 years characterized by the cessation of menstruation for 12 months after the last menstruation. At the age of menopause, there will be a decrease in the hormone estrogen. Reduction until the loss of the hormone estrogen due to loss of ovarian function can cause lipid metabolism disorders, one of which is low *High Density Lipoprotein* (HDL) levels. Decreased HDL levels can lead to the formation of atherosclerosis and hypertension.

Research Objective: The research aims to determine the description of *High Density Lipoprotein* (HDL) levels in menopausal and non-menopausal women in the working area of Banguntapan 1 Bantul Public Health Center.

Research Method: The type of research was observational descriptive with the research design was cross-sectional. The samples used were 36 samples and were obtained from menopausal and non-menopausal women aged 45-55 years who check in Banguntapan 1 Bantul Public Health Center Laboratory. Venous blood was centrifuged and their serum was taken and then HDL levels were examined using the spectrophotometry with direct method. Data on examination results of HDL levels were analyzed descriptively by presenting tables and histogram.

Results: The lowest HDL level is 31,26 mg/dL and the highest HDL level is 92,57 mg/dL. The result examination of HDL levels at the age of menopausal and non-menopausal 45-55 years found the average age of menopausal was 52,55 mg/dL and age of non-menopausal was 57,99 mg/dL.

Conclusion: Of the 36 respondent there were 2 respondents (5,56%) had low HDL levels, 22 respondents (61,11%) had normal HDL levels and 12 respondents (33,33%) had high HDL levels.

Keyword: *High Density Lipoprotein* (HDL) levels, Menopausal, Non-menopausal