

## ABSTRAK

**Latar Belakang:** Seiring bertambahnya usia, wanita akan mengalami suatu tahapan yaitu fase menopause yang menyebabkan hormon estrogen dalam tubuh berkurang. Hormon estrogen mempunyai peran untuk meningkatkan reseptor LDL di hati. Reseptor LDL berfungsi untuk memasukkan LDL ke dalam sel target. Berkurangnya estrogen setelah menopause menyebabkan reseptor LDL berkurang sehingga kadar LDL di sirkulasi darah meningkat. Kadar LDL yang terlalu tinggi di dalam darah akan mengakibatkan akumulasi lemak atau plak dalam arteri sehingga membuat lumennya semakin sempit (aterosklerosis). Darah akan sulit mengalir melalui pembuluh darah yang sempit sehingga meningkatkan risiko penyakit jantung.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran kadar LDL pada wanita belum menopause dan wanita menopause

**Metode:** Penelitian ini merupakan penelitian deskriptif observasional dengan desain penelitian *cross sectional*. Sampel yang digunakan sebanyak 36 sampel yang diperoleh dari wanita belum menopause dan wanita menopause dengan masing-masing kelompok sebanyak 18 sampel. Sampel yang diperoleh diukur secara enzimatik kolorimetri menggunakan spektrofotometer. Data hasil pengukuran dianalisis secara deskriptif dengan penyajian tabel dan diagram batang.

**Hasil Penelitian:** Berdasarkan hasil penelitian diperoleh rata-rata kadar LDL pada wanita belum menopause sebesar 117,87 mg/dL dan rata-rata kadar LDL pada wanita yang sudah menopause sebesar 125,96 mg/dL.

**Kesimpulan:** Rata-rata kadar LDL pada wanita menopause menunjukkan nilai yang lebih tinggi daripada rata-rata kadar LDL pada wanita belum menopause.

**Kata Kunci:** kadar LDL, menopause

## ABSTRACT

**Background:** With age, women will experience a stage, namely the menopause phase which causes estrogen in the body to decrease. Estrogen has a role to increase LDL receptors in the liver. LDL receptor is responsible for the uptake of LDL into target cells. Decreased estrogen after menopause causes LDL receptors to decrease, causing LDL levels in the blood circulation to increase. High levels of LDL in the blood will cause the accumulation of fat or plaque in the inner lining of the arteries (atherosclerosis). It is difficult for blood to flow through narrow blood vessels, increasing the risk of heart disease.

**Objective:** This study aims to determine the description of LDL levels in non-menopausal women and menopausal women

**Method:** This research is a descriptive observational study with a cross sectional research design. The sample used was 36 samples obtained from non-menopausal women and menopausal women with 18 samples in each group. Samples were measured using a spectrophotometer using the enzymatic colorimetric method. The results of the data were analyzed descriptively by presenting tables and bar charts.

**Result:** The results of this study showed that the average LDL level in non-menopausal women was 117.87 mg/dL and the average LDL level in menopausal women was 125.96 mg/dL.

**Conclusion:** The average LDL level in menopausal women is higher than the average LDL level in non-menopausal women.

**Keywords:** LDL levels, menopause