

**HUBUNGAN GOLONGAN DARAH ABO DENGAN KADAR
KOLESTEROL DARAH PADA PASIEN HIPERTENSI
DI PUSKESMAS PANJATAN 1, KULON PROGO**

INTISARI

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Latar Belakang: Kadar kolesterol total tinggi berkaitan dengan berbagai penyakit kardiovaskular, termasuk hipertensi. Penelitian tentang hubungan golongan darah ABO dengan kadar kolesterol total telah banyak dilakukan, namun hasilnya masih terdapat perbedaan. Selain itu, studi tentang hubungan golongan darah ABO dengan kadar kolesterol total pada pasien hipertensi belum banyak dilakukan

Tujuan: Mengetahui hubungan golongan ABO (non-O dan O) dengan kadar kolesterol total pada pasien hipertensi di Puskesmas Panjatan 1, Kulon Progo

Metode: Penelitian ini merupakan penelitian observasional dengan rancangan penelitian *cross sectional*. Penelitian melibatkan 92 pasien hipertensi berusia ≤ 60 tahun yang telah memenuhi kriteria inklusi dan eksklusi. Tekanan darah diukur dengan sfigmomanometer sesuai pedoman baku. Golongan darah ABO ditentukan dengan metode aglutinasi. Kadar kolesterol total darah sewaktu diambil dari sampel darah tepi dan diukur dengan *cholesterol-rapid test*. Data dianalisis dengan uji T tidak berpasangan

Hasil: Golongan darah non-O memiliki kadar kolesterol yang lebih tinggi dibandingkan dengan golongan darah O. Rata-rata kadar kolesterol total pada golongan darah non-O sebesar 211,3 mg/dL dan kelompok golongan darah O sebesar 191,4 mg/ dL. Uji T tidak berpasangan terhadap kadar kolesterol total dengan golongan darah non-O dan O menunjukkan nilai $p = 0,003$ (95% CI ; 6,8-32,8).

Simpulan: Terdapat hubungan yang bermakna antara golongan darah ABO (non-O dan O) dengan kadar kolesterol total pada pasien hipertensi

Kata kunci: Golongan darah ABO, kadar kolesterol total, hipertensi

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**ASSOCIATION OF ABO BLOOD GROUP WITH CHOLESTEROL
LEVEL IN HYPERTENSIVE PATIENTS
IN PUSKESMAS PANJATAN 1, KULON PROGO**

ABSTRACT

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Background: High cholesterol level is strongly implicated in the development of cardiovascular diseases, including hypertension. Many studies about association between ABO blood group and total cholesterol level have been established, but the results were still inconsistent. More, the studies about the association between ABO blood group and cholesterol level in hypertensive patients were still limited

Objective: To know the association between ABO blood group (non-O and O) with total cholesterol level in hypertensive patients in Puskesmas Panjatan 1, Kulon Progo

Methods: This study was an analytic observational study with cross-sectional approach. There was 92 hypertensive patients aged ≤ 60 years who met the inclusion and exclusion criterias. Blood pressures were measured using a manual sphygmomanometer according to standard protocols. ABO blood group were determined by agglutination method. Peripheral blood samples were collected and total cholesterol were assessed using a cholesterol-rapid test. Data were analyzed using independent T-test.

Results: Non-O blood group had higher total cholesterol levels compared with O blood group. The mean of total cholesterol level in non-O blood group was 211,3 mg/dL and the O blood group was 191,4 mg/ dL. Independent T test between ABO blood group (non-O and O) and total cholesterol levels showed p-value = 0,003 (95% CI ; 6,8-32,8).

Conclusion : ABO blood group (non-O and O) was significantly associated with total cholesterol level in hypertensive patients in Puskesmas Panjatan 1.

Key words : ABO blood group, total cholesterol level, hypertension

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