

ABSTRACT

Background: Hypertension is a condition characterized by an elevation in blood pressure $\geq 140/90$ mmHg. One of the most influential is the food being consumed. Individuals who consume a high-fat diet tend to experience hypertension due to the accumulation of Low-Density Lipoprotein (LDL) and triglycerides in the blood vessels, leading to plaque formation and resulting in high blood pressure.

Objective: This study aims to determine the effect of intermittent fasting type 5:2 on LDL levels, triglycerides, and waist-hip circumference.

Method: The research employed a pre-post test group design. The research subjects were individuals with hypertension in the working area of Simpang IV Sipin Community Health Center. The obtained data were analyzed analytically using a paired T-test.

Results: The findings revealed that intermittent fasting did not have a significant effect on changes in LDL levels ($p=0.240$), triglycerides ($p=0.666$), as well as waist and hip circumference in men ($p=0.596$ and $p=0.578$). Meanwhile, for changes in waist and hip circumference in women, it was observed that there were significant changes ($p=0.08$ and $p=0.03$).

Conclusion: There is an influence between intermittent fasting and waist-hip circumference in women, but no influence was found in changes in LDL levels, triglycerides, or waist-hip circumference in men.

Key words: Intermittent fasting, LDL, waist-hip circumference, triglycerides.

ABSTRAK

Latar Belakang : Hipertensi merupakan kondisi peningkatan tekanan darah $\geq 140/90$ mmHg. Salah satu hal yang paling mempengaruhi ialah makanan yang dikonsumsi. Individu yang memakan makanan kaya lemak, cenderung mengalami hipertensi dikarenakan penumpukan *Low Density Lipoprotein* (LDL) dan trigliserida pada pembuluh darah yang menyebabkan plak dan mengakibatkan tekanan darah tinggi.

Tujuan : Penelitian bertujuan untuk mengetahui pengaruh intermittent fasting tipe 5:2 terhadap kadar LDL, trigliserida, serta lingk pinggang-panggul.

Metode : Rancangan penelitian menggunakan menggunakan desain penelitian *pre-post test grup*. Subjek penelitian merupakan penyandang hipertensi yang berada di wilayah kerja Puskesmas Simpang IV Sipin. Hasil data yang diperoleh akan diuji secara analitik, menggunakan uji T berpasangan.

Hasil : Didapatkan hasil bahwa *intermittent fasting* tidak berpengaruh yang signifikan pada perubahan kadar LDL ($p=0,240$), trigliserida ($p=0,666$), serta ukuran lingk pinggang dan panggul pria ($p=0,596$ dan $p=0,578$). Sedangkan pada perubahan lingk pinggang dan panggul wanita, terlihat bahwa ada perubahan signifikan ($p=0,08$ dan $p=0,03$).

Kesimpulan : Terdapat pengaruh antara *intermittent fasting* dan ukuran lingk pinggang-panggul wanita, tetapi pengaruh tidak ditemukan pada perubahan kadar LDL, trigliserida, serta lingk pinggang-panggul pria.

Kata kunci : *Intermittent fasting*, LDL, Lingk pinggang-panggul, Trigliserida.