

## **ABSTRACT**

### **THE COMPARISON OF LOW DENSITY LIPOPROTEIN LEVEL ON APPLE SHAPED OBESE AND PEAR SHAPED OBESE IN CIVIL SERVANT AREA AT DISTRICT OFFICE KECAMATAN TANJUNG KARANG PUSAT KOTA BANDAR LAMPUNG**

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*Obesity is the accumulation of body fat tissue mass that occurs caused by excess energy intake is greater than energy output and can be detrimental to health. Apple shaped obesity over the health risks associated with obesity compared with the type of pear shaped.*

*The research goal is to determine the ratio between LDL levels in apple-shaped obese and pear-shaped obese. This study uses comparative analytical method with cross sectional approach in October and November 2014. The population in this study are all Civil Servants in the District Office of Tanjung Karang Pusat, Bandar Lampung. 70 People as samples will be taken in this research, determined by consecutive sampling technique. Analysis of the data were using unpaired T Test.*

*The results of the research are the mean of LDL cholesterol levels in the apple-shaped obese at 169.40 gr/ dL and the mean of LDL cholesterol levels in the pear shaped obese at 136.20 gr/ dL. The mean difference of LDL cholesterol levels in the apple-shaped obese and pear-shaped obese in the amount of 33.20 gr / dL. The research conclusion is there is a significant difference between the levels of LDL cholesterol in samples with apple shaped obese and pear shaped obese.*

**Keywords:** *apple shaped obese, pear shaped obese, LDL cholesterol level*