

CHAPTER I

INTRODUCTION

1.1 Background

Darussalam University (Unida) Gontor is a university that has a central campus in the Ponorogo district of East Java, Indonesia. Unida Gontor separating male and female students in different places, including Unida Gontor specifically for women, one of whom is in Ds. Sambirejo Kec. Mantingan Kab. Ngawi East Java. Unida Gontor is a campus with a pesantren system that requires all students to live in an educational environment for 24 hours a full or a boarding environment. Some of the programs carried out to improve spirituality in the pesantren system are the tahfidz program and fasting. Based on Kamus Besar Bahasa Indonesia (KBBI) (2000), fasting is a worship that is done by refraining from eating, drinking and all things that cancel fasting from sunrise to sunset.

Fasting is divided into two, namely compulsory fasts and *sunnah*. The mandatory fasting order as contained in Al-Quran surah Al-Baqarah verse 183 which reads:

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ (١٨٣)

“O you who believe, are required of you to fast as required of those before you so that you are devout.”

Some types of sunnah fasting are done by Muslims such as fasting Monday and Thursday, Yaumu-l-bidh, and Daud fasting. Suggestion to fast the Sunnah of Daud such as the narrations of Bukhori and Muslim hadiths that read:

عَنْ عَبْدِ اللَّهِ بْنِ عَمْرٍو وَبْنِ الْعَاصِ رَضِيَ اللَّهُ عَنْهُمَا قَالَ: قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ: إِنَّ أَحَبَّ الصِّيَامِ إِلَى اللَّهِ صِيَامُ دَاوُدَ، وَأَحَبَّ الصَّلَاةِ إِلَى اللَّهِ صَلَاةُ دَاوُدَ، كَانَ يَتَامُ نِصْفَ اللَّيْلِ وَيُقُومُ ثُلُثَهُ وَيَتَامُ سُدُسَهُ، وَكَانَ يَصُومُ يَوْمًا وَيُفْطِرُ يَوْمًا (رواه مسلم)

“The preferred fast is the fast of the prophet Daud and the most preferred prayer is the prayer of the prophet Daud. He slept in the middle of the night and woke up a third, and he fasted one day then broke the fast one day.(HR. Muslim)

Daud fasting is one of the sunnah fastings which is done through a day of fasting and one day of not fasting in a row. Scientists consider that fasting is something that makes life go well and makes the body healthy because fasting helps the body adapt to a little food. One of them is a condition where the body is fasting and its effect on the lipid profile of the body. Lipid profile is a picture of lipid levels in the blood. Some of the images examined in the examination of lipid profiles are total cholesterol, triglycerides, LDL and HDL. Lipid profile is a good indicator to predict whether a person has a high risk of coronary heart disease (CHD) (Ulfah, 2016). Cholesterol is one of the components of fat, a major sterol in the human body and is a structural component of cell membranes and plasma lipoproteins and is an initial ingredient in the formation of bile acids which functions to absorb triglycerides and vitamins that are soluble from food. Under normal circumstances, cholesterol is needed by the body to form cell membranes, the central nervous system and vitamin D (Murray RK, 2003).

About half of the body’s cholesterol is made by the body itself, which is around 700 mg / day and the rest is obtained from the food we consume daily. The liver and intestines each produce about 10% of total synthesis in humans. Most cholesterol in the blood is bound to LDL cholesterol and this cholesterol can be used by various body tissues. LDL cholesterol contains more cholesterol which is about 45% of all types of lipoprotein

so it can be said that LDL cholesterol is the main carrier of cholesterol in the blood. Cells accept cholesterol from LDL cholesterol, but the amount of cholesterol the cell can receive or absorb is limited. Excess cholesterol levels will result in the deposition of cholesterol in arterial walls followed by atherosclerosis, therefore LDL cholesterol is commonly referred to as bad cholesterol. According to several studies that have been done, fasting can be a treatment to reduce levels of lipid profiles that cause cardiovascular diseases such as coronary heart disease. In addition to LDL, sufficient HDL levels are needed to transport LDL cholesterol back in the blood. High-Density Lipoprotein (HDL) is a type of cholesterol that carries bad LDL cholesterol from the arteries and back to the liver. HDL or commonly called good cholesterol because the body needs enough HDL to protect against heart attacks or prevention of coronary heart disease (Assa & Batjo, 2013).

Not just a disease prevention treatment, according to research conducted by Arra & Johar (2015), fasting makes many physiological and psychological changes due to changes in lifestyle during fasting that can affect the body's metabolic reactions. Fasting can induce different metabolisms and experience changes due to the consumption of nutrients at unusual times, but little is known about these changes. Therefore, this study has been designed to observe the influence of Daud fasting habits on lipid profiles by Unida Gontor students over a period of 1 month to 1.5 years.

1.2 Problem Formulation

The formulation of the problem in this study are:

1. How is the influence of Daud fasting habits on lipid profile levels in Unida Gontor students?
2. How long is the fasting habit of Daud that has the most positive effect on lipid profile levels in Unida Gontor female college students?

1.3 Research Objectives

The aim of this research is :

1. Determine the influence of Daudfasting habits on lipid profiles on

Unida Gontor students.

2. Knowing the old habits of fasting Daud that most positively affect the lipid profile of Unida Gontor students.

1.4 Reserch Benefit

1.4.1 Theoretical Benefit

This research is expected to be able to provide benefits to researchers in the form of increased knowledge about the benefits of fasting, especially the effect of Daud fasting on the lipid profile of Unida Gontor students. Also, it is hoped that it will also be useful to add insight and can be used as a reference for developing further research and efforts to prevent diseases by making the habit of fasting Daud.

1.4.2 Practical Benefit

It is hoped that this research can provide scientific information and additional insights for the public regarding the influence of Daud fasting habits on lipid profiles on Unida Gontor students.