

Abstrak

PENGARUH EDUKASI GIZI DENGAN METODE *BRAINSTORMING* BERBASIS *THERAPEUTIC LIFESTYLE CHANGE* (TLC) TERHADAP PERUBAHAN KADAR KOLESTEROL TOTAL

*Fitria Nur Fadilah*¹, *Hesti Permata Sari*², *Teguh Jati Prasetyo*³

Pendahuluan : Hiperkolesterolemia merupakan kondisi ketika kadar kolesterol total dalam darah melebihi batas normal yang berkorelasi dengan penyakit kardiovaskular jika tidak ditangani di usia muda. Edukasi gizi dengan metode *brainstorming* berbasis *therapeutic lifestyle change* (TLC) dapat menurunkan kadar kolesterol total di usia muda. Penelitian ini bertujuan untuk mengetahui efektivitas edukasi gizi terhadap perubahan kadar kolesterol total pada mahasiswi dengan hiperkolesterolemia di Universitas Jenderal Soedirman.

Metode : Penelitian ini menggunakan *randomized pre-test post-test control group design*. Sampel penelitian diambil menggunakan teknik *purposive sampling* berdasarkan kriteria inklusi dan eksklusi dengan jumlah responden sebanyak 16 orang untuk masing-masing kelompok perlakuan dan kontrol. Kedua kelompok bersifat homogen sebelum intervensi. Kelompok perlakuan diberikan intervensi berupa edukasi gizi yang dilakukan sebanyak 4 sesi selama 4 minggu, sedangkan kelompok kontrol tidak diberikan intervensi. Analisis statistik menggunakan uji *Paired t-test* dan uji *Independent t-test* menggunakan *software* SPSS dengan tingkat kepercayaan 95%.

Hasil : Rata-rata kadar kolesterol total pada kelompok perlakuan sebelum intervensi adalah 232,43 mg/dL dan mengalami penurunan menjadi 195 mg/dL setelah intervensi. Terdapat perbedaan kadar kolesterol total sebelum dan setelah pemberian edukasi gizi pada kelompok perlakuan ($p = 0,000$ ($p < 0,05$)). Tidak terdapat perbedaan kadar kolesterol total saat *pre-test* dan *post-test* pada kelompok kontrol ($p = 0,711$ ($p > 0,05$)). Terdapat perbedaan perubahan kadar kolesterol total antara kelompok perlakuan dan kelompok kontrol ($p = 0,001$ ($p < 0,05$)).

Kesimpulan : Pemberian edukasi gizi dengan metode *brainstorming* berbasis TLC selama 4 minggu efektif dalam menurunkan kadar kolesterol total pada mahasiswi hiperkolesterolemia.

Kata Kunci : Edukasi gizi, *brainstorming*, *therapeutic lifestyle change* (TLC), kadar kolesterol total.

¹ Mahasiswa Jurusan Ilmu Gizi, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

^{2,3} Dosen Jurusan Ilmu Gizi, Fakultas Ilmu-Ilmu Kesehatan, Universitas Jenderal Soedirman

Abstract

THE EFFECT OF NUTRITIONAL EDUCATION USING BRAINSTORMING METHOD BASED ON THERAPEUTIC LIFESTYLE CHANGE (TLC) ON CHANGES IN TOTAL CHOLESTEROL LEVELS

Fitria Nur Fadilah¹, Hesti Permata Sari², Teguh Jati Prasetyo³

Background : Hypercholesterolemia is a condition where the total cholesterol level in the blood exceeds normal limits, which is correlated with cardiovascular disease if not treated at a young age. Nutrition education using a brainstorming method based on therapeutic lifestyle change (TLC) could reduce total cholesterol levels at a young age. This study aimed to determine the effectiveness of nutritional education on changes in total cholesterol levels in female students with hypercholesterolemia at Jenderal Soedirman University.

Methodology : This study used a randomized pre-test post-test control group design. The research sample was taken using a purposive sampling technique based on inclusion and exclusion criteria with a total of 16 respondents for each treatment and control group. Both groups were homogeneous before the intervention. The treatment group was given an intervention in the form of nutrition education which was carried out in 4 sessions over 4 weeks, while the control group was given no intervention. Statistical analysis used Paired t-test and Independent t-test using SPSS software with a confidence level of 95%.

Results : The average total cholesterol level in the treatment group before the intervention had been 232.43 mg/dL and decreased to 195 mg/dL after the intervention. There was a significant difference in total cholesterol levels before and after providing nutrition education in the treatment group ($p = 0,000$ ($p < 0,05$)). There was no significant difference in total cholesterol levels during the pre-test and post-test in the control group ($p = 0,711$ ($p > 0,05$)). There was a significant difference in changes in total cholesterol levels between the treatment group and the control group ($p = 0,001$ ($p < 0,05$)).

Conclusion : Providing nutritional education using a brainstorming method based on therapeutic lifestyle change (TLC) for 4 weeks had been effective in reducing total cholesterol levels in hypercholesterolemic female students.

Keywords : Nutrition education, brainstorming, therapeutic lifestyle change (TLC), total cholesterol levels.

¹ Student of Nutrition Sciences Department, Faculty of Health Sciences, Jenderal Soedirman University

^{2,3} Lecturer of Nutrition Sciences Department, Faculty of Health Sciences, Jenderal Soedirman University