

## ABSTRAK

### EFEK YOGURT KECAMBAH KACANG TANAH DENGAN PENAMBAHAN SARI AKAR ALANG-ALANG TERHADAP KADAR KOLESTEROL TOTAL DAN PERSEN LEMAK TUBUH PENDERITA DISLIPIDEMIA

**Latar Belakang:** Dislipidemia ditandai dengan peningkatan kadar kolesterol total, trigliserida, LDL, dan penurunan HDL. Dislipidemia diikuti obesitas mengakibatkan tingginya ROS yang memicu stress oksidatif. Produk yogurt kecambah kacang tanah dengan penambahan sari akar alang-alang (Yocamtala) diketahui mengandung antioksidan fenolik, serat, protein terlarut, dan vitamin C yang diharapkan mampu menghambat perkembangan dislipidemia dengan menurunkan kadar kolesterol total dan persen lemak tubuh.

**Metodologi:** Penelitian *true experimental* dengan rancangan *pre-post test with control group design* yang dilakukan pada 20 wanita penderita dislipidemia disertai obesitas usia 35-70 tahun di Desa Purwosari. Dibagi secara acak menjadi 2 kelompok yaitu kelompok perlakuan (Yocamtala) dan kelompok kontrol (plasebo). Responden diberi 200 mL Yocamtala selama 2 bulan. Pengukuran kadar kolesterol total dan persen lemak tubuh dilakukan sebelum dan sesudah penelitian. Data dianalisis menggunakan uji *paired t-test*.

**Hasil Penelitian:** Kadar kolesterol total menurun dari 226,9 menjadi 196,9 mg/dL ( $p=0,024$ ) setelah pemberian Yocamtala 200 mL/hari selama 2 bulan, sedangkan pada kelompok plasebo tidak terdapat perubahan ( $p=0,772$ ). Persen lemak tubuh tidak berubah ( $p=0,051$ ).

**Kesimpulan:** Yocamtala menurunkan kadar kolesterol total mencapai kadar normal, namun belum mampu menurunkan persen lemak tubuh wanita dislipidemia.

**Kata Kunci:** Yogurt Kecambah Kacang Tanah Plus Sari Akar Alang-Alang, Kadar Kolesterol Total, Persen Lemak Tubuh, Dislipidemia, Obesitas

## ***ABSTRACT***

### **EFFECTS OF PEANUT SPROUTS YOGURT WITH ADDITION OF COGONGRASS ROOT JUICE ON TOTAL CHOLESTEROL LEVELS AND BODY FAT PERCENT IN DYSLIPIDEMIA PATIENTS**

**Background:** Dyslipidemia is characterized by increased levels of total cholesterol, triglycerides, LDL, and decreased HDL. Dyslipidemia followed by obesity results in high ROS which triggers oxidative stress. Peanut sprout yogurt products with the addition of cogongrass root juice (Yocamtala) are known to contain phenolic antioxidants, fiber, soluble protein, and vitamin C which are expected to inhibit the development of dyslipidemia by reducing total cholesterol levels and body fat percentage.

**Methods:** True experimental study with a pre-post test with control group design was conducted on 20 women with dyslipidemia and obesity aged 35-70 years in Purwosari Village. Randomly divided into 2 groups, namely the treatment group (Yocamtala) and the control group (placebo). Respondents were given 200 mL of Yocamtala for 2 months. Measurement of total cholesterol levels and body fat percentage was carried out before and after the study. Data were analyzed using paired t-test.

**Results:** Total cholesterol levels decreased from 226.9 to 196.9 mg/dL ( $p=0.024$ ) after administration of Yocamtala 200 mL/day for 2 months, while in the placebo group there was no change ( $p=0.772$ ). Percentage of body fat did not change ( $p=0.051$ ).

**Conclusion:** Yocamtala reduces total cholesterol levels to normal levels, but has not been able to reduce body fat percentage in women with dyslipidemia.

**Keywords:** Peanut Sprout Yogurt Plus Cogongrass Root Juice, Total Cholesterol Levels, Body Fat Percent, Dyslipidemia, Obesity

