

ABSTRAK

PENGARUH PEMBERIAN YOGURT KECAMBAH KACANG TANAH DENGAN PENAMBAHAN SARI AKAR ALANG-ALANG TERHADAP KADAR LDL DAN LINGKAR PERUT WANITA PENDERITA DISLIPIDEMIA

Latar Belakang: Dislipidemia adalah abnormalitas metabolisme lipid dengan tingginya kadar LDL, kolesterol total, trigliserida, dan rendahnya HDL. Risiko dislipidemia meningkat pada obesitas sentral dengan lingkar perut perempuan ≥ 80 cm karena gangguan sistem metabolisme asam lemak. Penelitian ini dilakukan untuk mengetahui pengaruh pemberian yogurt kecambah kacang tanah dengan penambahan sari akar alang-alang (Yocamtala) terhadap kadar LDL dan lingkar perut wanita penderita dislipidemia.

Metode: Penelitian *true experimental* menggunakan *pre post test with control group design*. Responden penelitian yaitu wanita berusia 35-70 tahun, IMT ≥ 25 kg/m², LDL ≥ 130 mg/dL di Desa Purwosari. Responden berjumlah 20 orang, masing-masing 10 orang pada kedua kelompok intervensi. Yogurt 200 mL/hari diantarkan ke rumah responden setiap pagi selama 2 bulan. *Food recall* 24 jam responden dilakukan 4 kali. Kadar LDL dan lingkar perut diukur sebelum dan setelah intervensi, serta dianalisis menggunakan *independent sample t-test* dan *paired t-test*.

Hasil Penelitian: Responden bersifat homogen ($p > 0,05$), Yocamtala signifikan menurunkan LDL sebelum dan setelah intervensi dari 153,6 mg/dL menjadi 117,5 mg/dL ($p = 0,00$), tetapi tidak dapat mengubah lingkar perut yang dapat dipengaruhi oleh asupan makan, usia, dan aktivitas fisik responden.

Kesimpulan: Konsumsi Yocamtala bermanfaat untuk menurunkan LDL wanita penderita dislipidemia.

Kata kunci: Dislipidemia, LDL, Lingkar perut, Yogurt kecambah kacang tanah plus akar alang-alang

ABSTRACT

THE EFFECT OF GIVING PEANUT SPROUT YOGURT WITH THE ADDITION OF COGONGRASS ROOT JUICE ON LDL LEVELS AND WAIST CIRCUMFERENCE OF WOMEN WITH DYSLIPIDEMIA

Background: Dyslipidemia is an abnormality of lipid metabolism with high levels of LDL, total cholesterol, triglycerides, and low HDL. The risk of dyslipidemia increases in central obesity with a waist circumference of women ≥ 80 cm due to disorders of the fatty acid metabolism system. This research was conducted to determine the effect of giving peanut sprout yogurt with the addition of cogongrass root juice (Yocamtala) on LDL levels and waist circumference of women with dyslipidemia.

Method: True experimental used pre-post test with control group design. The respondents were women aged 35-70 years, BMI ≥ 25 kg/m², LDL ≥ 130 mg/dL in Purwosari Village. There were 20 respondents, 10 each in the two intervention groups. Yogurt 200 mL/day was delivered to the respondents' homes every morning for 2 months. Respondents' 24-hour food recalls were conducted 4 times. LDL levels and waist circumference were measured before and after the intervention, and analyzed using independent sample t-test and paired t-test.

Results: Respondents were homogeneous ($p > 0.05$), Yocamtala significantly reduced LDL before and after the intervention from 153.6 mg/dL to 117.5 mg/dL ($p = 0.00$), but could not change waist circumference which could be influenced by food intake, age, and physical activity of respondents.

Conclusion: Consumption of Yocamtala is beneficial for reducing LDL in women with dyslipidemia.

Keywords: Dyslipidemia, LDL, Waist circumference, Peanut sprout yogurt plus cogongrass roots

