

## Abstrak

### **PENGARUH PEMBERIAN YOGURT SUSU KECAMBAH KACANG MERAH TERHADAP KADAR KOLESTEROL TOTAL DAN HDL PADA PENDERITA DISLIPIDEMIA**

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**Latar Belakang:** Dislipidemia merupakan salah satu faktor risiko penyakit kardiovaskuler. Yogurt susu kecambah kacang merah mengandung serat dan fenol yang diketahui dapat menurunkan kadar kolesterol total dan meningkatkan HDL. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian yogurt susu kecambah kacang merah terhadap kadar kolesterol total dan HDL penderita dislipidemia.

**Metodologi:** Penelitian ini menggunakan rancangan *pretest – post test with control group design*. Subjek adalah 18 orang wanita lansia dengan kadar kolesterol total > 200 mg/dl dan IMT  $\geq$  23 kg/m<sup>2</sup>. Kelompok perlakuan mendapatkan yogurt susu kecambah kacang merah 200 mL dan kelompok kontrol mendapatkan yogurt susu skim (plasebo) 200 mL selama 2 bulan. Pengambilan darah untuk pengukuran kadar kolesterol total dan HDL dilakukan saat sebelum intervensi dan 2 bulan setelah intervensi. Kadar kolesterol total dan HDL diukur dengan menggunakan metode CHOD-PAP. Data dianalisis menggunakan uji *Paired t-test, Independent t-test, Wilcoxon, dan Mann Whitney*.

**Hasil Penelitian:** Hasil penelitian menunjukkan pemberian yogurt susu kecambah kacang merah 200 mL per hari selama 2 bulan dapat menurunkan kadar kolesterol total sebesar 21,8% dan meningkatkan kadar kolesterol HDL sebesar 13,7% secara bermakna ( $p < 0,05$ ) dibanding kontrol.

**Kesimpulan:** Pemberian yogurt susu kecambah kacang merah 200 mL per hari selama 2 bulan menurunkan kadar kolesterol total dan meningkatkan kadar kolesterol HDL secara signifikan.

**Kata kunci:** kolesterol total, HDL, yogurt susu kecambah kacang merah, dislipidemia

## Abstract

### **EFFECT OF THE RED KIDNEY BEANS SPROUTS MILK YOGURT ON THE LEVELS OF TOTAL CHOLESTEROL AND HDL IN PATIENTS WITH DYSLIPIDEMIA**

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**Background:** Dyslipidemia has been shown as one of the risk factors of cardiovascular disease. Red kidney beans sprouts milk yogurt contains fiber and fenol which is known in reducing total cholesterol level and increasing HDL cholesterol level. This study aims to know the consumption effect of the red kidney beans sprouts milk yogurt on the levels of total cholesterol and HDL in patients with dyslipidemia.

**Methods:** This study uses pre-test and post-test with control group design. The subject were 18 woman with total cholesterol level > 200 mg/dl and HDL cholesterol level < 40 mg/dl. Experimental group consumed the red kidney beans sprouts milk yogurt 200 mL/day while the control group consumed skim milk yogurt (placebo) 200 mL/day for 2 months. Blood sampling was done to measure total cholesterol and HDL levels performed before intervention and 2 months after intervention. Total cholesterol and HDL levels were measured by CHOD-PAP method. The data was analyzed by Paired t-test, Independent t-test, Wilcoxon, and Mann Whitney.

**Results:** The results of this study shows that the consumption of red kidney beans sprouts milk yogurt 200 mL/day during 2 months is significantly decrease total cholesterol level 21,8% and increase HDL cholesterol level 13,7% in a meaningful way compared with control.

**Conclusion:** The consumption of red kidney beans sprouts milk yogurt 200 mL/day during 2 months is significantly decrease total cholesterol level and increase HDL cholesterol level.

**Keywords:** total cholesterol, HDL, red kidney beans sprouts milk yogurt, dyslipidemia