

Perbandingan Kadar HDL Kolesterol Metode direct dan indirect

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ABSTRAK

Metode yang banyak digunakan dalam pengukuran kadar HDL kolesterol yaitu metode indirect. Metode *indirect* adalah metode pengukuran kadar HDL kolesterol secara tidak langsung. Seiring dengan berkembangnya waktu kemudian diperkenalkan suatu metode baru yaitu metode *direct* dengan hasil pengukuran yang lebih cepat. Metode *direct* adalah suatu metode pengukuran kadar HDL kolesterol secara langsung. Tujuan penelitian untuk mengetahui perbedaan hasil perhitungan kadar HDL kolesterol metode *direct* dan *indirect*. Jenis penelitian adalah penelitian analitik komparatif. Jumlah sampel sebanyak 47. Sampel penelitian adalah sampel darah pasien melakukan pemeriksaan HDL kolesterol di Rumah Sakit Roemani Muhammadiyah Semarang, kemudian sampel diperiksa menggunakan kedua metode. Hasil pemeriksaan menunjukkan rata-rata Kadar HDL kolesterol menggunakan metode *direct* sebesar 46,43 mg/dL. Rata-rata kadar HDL kolesterol menggunakan metode *indirect* sebesar 37,78 mg/dL. Hal ini menunjukkan Hasil pemeriksaan HDL kolesterol metode *direct* lebih tinggi dibandingkan dengan menggunakan metode *indirect*. Hasil pengujian statistik menggunakan paired sampel t test didapatkan nilai probabilitas sebesar 0,000 ($<0,05$) sehingga dinyatakan terdapat perbedaan yang nyata hasil perhitungan kadar HDL kolesterol metode *direct* dan *indirect*

Kata Kunci : HDL Kolestrol, *Direct*, *Indeirect*.

Comparison of HDL Cholesterol Level by direct and indirect Method

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ABSTRACT

The method that is widely used in the measurement of HDL cholesterol is indirect method. Indirect method is a method of measuring HDL cholesterol levels indirectly. Along with the development of time then introduced a new method that is direct method with the results of measurement more quickly. Direct method is a method of measuring HDL cholesterol levels directly. The purpose of this research is to know the difference of HDL cholesterol content calculation of direct and indirect method. The type of research is comparative analytic research. The number of samples was 47. The sample of the study was a blood sample of patients doing HDL cholesterol examination at Roemani Muhammadiyah Hospital in Semarang, then the sample was examined using both methods. The results showed an average of HDL cholesterol levels using a direct method of 46.43 mg / dL. The average HDL cholesterol level using indirect method amounted to 37.78 mg / dL. This shows the results of HDL cholesterol test direct method is higher than using indirect method. The result of statistical test using paired sample t test got the probability value of 0.000 (<0,05) so that there is stated real difference result of calculation of HDL cholesterol method direct and indirect

Keywords: HDL Kolestrol, Direct, Indirect..