

ABSTRAK

PERBEDAAN KADAR KOLESTEROL TOTAL WANITA MENOPAUSE PENDERITA HIPERKOLESTEROLEMIA SEBELUM DAN SESUDAH PEMBERIAN TEH BUAH TIN

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Hiperkolesterolemia merupakan suatu kondisi dimana meningkatnya konsentrasi kolesterol total dalam darah yang melebihi nilai normal. Terdapat hubungan antara peningkatan kadar kolesterol total dengan usia menopause. Buah tin mengandung antioksidan yang tinggi sehingga diyakini mampu membantu menurunkan kadar kolesterol total. Penelitian ini bertujuan untuk mengetahui perbedaan kadar kolesterol total wanita menopause penderita hiperkolesterolemia sebelum dan sesudah pemberian teh buah tin.

Penelitian ini merupakan penelitian eksperimental dengan rancangan *Pre test-Post test Control Group Design* pada 40 wanita menopause yang mengalami hiperkolesterolemia. 40 wanita menopause dibagi menjadi 2 kelompok yaitu kelompok perlakuan dan kelompok kontrol. Pengambilan sampel menggunakan teknik *random sampling*. Analisis normalitas data menggunakan uji *Kolmogorov-Smirnov* dan dilanjutkan dengan uji statistik *Paired t-test* dan *independent t-test* untuk mengetahui perbedaan yang bermakna.

Pemberian teh buah tin pada kelompok intervensi sebanyak 4gr/hari dapat menurunkan kadar kolesterol total sebanyak 119,45 mg/dl ($p=0,00$). Pemberian air mineral 600 ml/hari pada kelompok kontrol dapat menurunkan kadar kolesterol sebanyak 1,15 mg/dl ($p=0,072$). Perlakuan yang paling efektif dalam menurunkan kadar kolesterol total adalah dengan pemberian teh buah tin.

Pemberian teh buah tin dapat menurunkan kadar kolesterol total secara signifikan, sedangkan pemberian air mineral tidak dapat menurunkan kolesterol total secara signifikan.

Kata kunci : Hiperkolesterolemia, Kolesterol total, Teh Buah Tin, Menopause.

ABSTRACT

DIFFERENCES IN TOTAL CHOLESTEROL LEVELS OF MENOPAUSAL WOMEN WITH HYPERCHOLESTEROLEMIA BEFORE AND THEN APPRECIATE THE TEA OF *FICUS CARICA* FRUITS

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Hypercholesterolemia is a condition of increasing the concentration of total cholesterol in the blood exceeds the normal limit. There is a link between elevated total cholesterol with age of menopause. *Ficus Carica* Fruits contains high antioxidants that are believed to be able to help lower levels of total cholesterol. This study aims to determine the difference in total cholesterol levels of menopausal women with hypercholesterolemia before and after tea of *ficus carica* fruits.

This research is experimental research with Pre test-Post test Controlled Group Design in 40 menopausal women with hypercholesterolemia. 40 menopausal women were divided into 2 groups, the intervention group and the control group. The sample is taken by using the random sampling method. Analysis of data normality using Kolmogorov-Smirnov test and continued with Paired t-test statistic and Independent t-test to determine the significant differences.

Giving 4gr/day the tea of *ficus carica* fruits in the intervention group can decrease total cholesterol level as much as 119,45 mg/dl(p=0,00). While in giving 600 ml/day in the control group can decrease total cholesterol level as much as 1,15 mg/dl(p=0,072). The most effective treatment in lowering total cholesterol levels is the tea of *ficus carica* fruits.

Giving the tea of *ficus carica* fruits can significantly decrease total cholesterol, whereas mineral water can not decrease cholesterol significantly.

Keywords: Hypercholesterolemia, Total Cholesterol, The tea of *ficus carica* fruits, Menopausal.