

PERBEDAAN KADAR KOLESTEROL *High Density Lipoprotein* (HDL) PADA SERUM SEGERA DAN TUNDA 4 JAM

Yohanes Leonsius Geru ¹, Herlisa Anggraini ², Fitri Nuroini ².

1. Progran studi DIV Analis Kesehatan Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang
2. Laboratorium Patologi Klinik Analis Kesehatan Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang

ABSTRAK

Kolesterol HDL adalah lipoprotein berdensitas tinggi yang mengandung protein dan memiliki fungsi membersihkan pembuluh darah dari kolesterol LDL yang berlebihan. Serum merupakan darah yang tidak ditambahkan antikoagulan, diperoleh setelah dibekukan, kemudian dipisahkan dengan *sentrifuge*. Kadangkala pemeriksaan profil lipid pada beberapa laboratorium tidak dapat segera dilakukan atau di tunda apabila terjadi kendala saat pemeriksaan salah satunya adalah kerusakan alat pemeriksaan. Penelitian ini bertujuan untuk mengetahui perbedaan kadar kolestrol HDL pada serum segera dan tunda 4 jam. Jenis penelitian ini adalah analitik. Sampel yang digunakan sebanyak 32 sampel, kemudian dilakukan pemeriksaan kadar kolesterol HDL metode indirek (*formula fridewald*) di Laboratorium Patologi Klinik Universitas Muhammadiyah Semarang. Hasil uji *Paired sample t-test* menggunakan *software SPSS* untuk menganalisis kadar kolesterol HDL serum segera dan tunda 4 jam. Berdasarkan hasil uji *Paired sample t-test* diperoleh nilai $p = 0,000 < 0,05$ berarti terdapat perbedaan yang signifikan kadar kolesterol HDL serum segera dan tunda 4 jam. Kadar kolesterol HDL serum segera lebih tinggi dari kadar kolesterol HDL tunda 4 jam.

Kata kunci: kadar kolesterol HDL, serum, segera, tunda 4 jam

DIFFERENCE OF CHOLESTEROL LEVELS Of *High Density Lipoprotein* (HDL) IN SERUM IMMEDIATELY AND DELAYED 4 HOURS

Yohanes Leonsius Geru ¹, Herlisa Anggraini ², fitri Nuroini ²

1. Programe D IV Healt Anlysis of Nursing And Healt Science Faculty of the University of Muhammadiyah Semarang.
2. The Pathology Clinic, The Science of Nursing and Healt Science Faculty of The University of Muhammadiyah Semarang.

ABSTRACT

HDL cholesterol is a high density lipoprotein which contains protein and has the function of clearing blood vessels of excessive LDL cholesterol. Serum is blood that is not added anticoagulants, obtained after being frozen, then separated by a centrifuge. sometimes inspection of lipid profiles in some laboratories cannot be done immediately or delayed if there are constraints during inspection one of them is damage to inspection equipment. This study aims to determine differences in HDL cholesterol levels in serum immediately and 4 hours delay. This type of research is analytic. The sample is 32 samples then examination of indirect method HDL cholesterol (fridewald formula) at the Clinical Pathology Laboratory of Muhammadiyah University Semarang. Paired sample t-test test results using SPSS software to analyze serum serum levels immediately and delay 4 hours Based on the results of the Paired sample t-test showed that the p value = $0,000 < 0,05$ means that it can be concluded that in this study there were significant differences in serum HDL cholesterol levels immediately and 4 hours delay. Serum HDL cholesterol levels immediately is higer than serum 4 hours delay.

Keywords: HDL cholesterol levels, serum, immediately, 4 hours delay

