Perbedaan Kadar HDL Kolesterol Degan Variasi Lama Inkubasi

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ABSTRAK

Pemeriksaan kadar HDL kolesterol melalui dua kali proses perlakuan inkubasi. Lama inkubasi pertama 10 menit dalam suhu ruang (25˚C-30˚C). Inkubasi kedua adalah 10 menit dalam suhu ruang (25˚C-30˚C). Perlakuan inkubasi pertama selama 5 menit mengakibatkan enzim lipo Protein Lipase belum bereaksi secara optimum dengan reagen HDL *Presipitant* yang terdapat dalam larutan. Perlakuan inkubasi pertama selama 20 menit menyebabkan enzim Lipo Protein Lipase terhidrolisis lebih cepat, sehingga mengakibatkan terjadinya peningkatan kadar HDL kolesterol. Tujuan penelitian untuk mengetahui perbedaan kadar HDL kolesterol dengan variasi lama inkubasi 5 menit dan 20 menit. Jenis penelitian merupakan kuantitatif eksperimental laboratorium dengan desain penelitian ilmu – ilmu terapan. Pemeriksaan dilakukan menggunakan alat Photometer Microlab 300 semi-Auto Chemistry Analyzer. Hasil penelitian diperoleh pada lama inkubasi 5 menit kadar HDL kolesterol lebih rendah, sedangkan pada lama inkubasi 20 menit kadar HDL kolesterol lebih tinggi. Penghitungan statistik dengan uji *Mann Whitney Test* diperoleh hasil tidak terdapat perbedaan yang bermakna. Semakin sedikit lama waktu inkubasi kadar HDL kolesterol semakin rendah, dan semakin lama waktu inkubasi kadar HDL kolesterol semakin tinggi.

Kata kunci : Kadar HDL Kolesterol, lama inkubasi

The Difference Levels Of HDL Cholesterol with Variations In Incubation Duration

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ABSTRACT

Examination of HDL Cholesterol levels through two incubation treatment processes. The first incubation is 10 minutes at temperature 25ºC - 30ºC. The second incubation is 10 minutes at room temperature 25ºC - 30ºC. The first incubatiom treatment for 5 minutes resulted in the Lipo Protein Lipase enzyme not reacting optimally with the presipitat HDL reagent contained in the solution. The first incubation treatment for 20 minutes caused the Lipo Protein Lipase enzyme to be hydrolyzed faster, resulting in an increase in HDL Cholesterol levels. The purpose of the study was to determine differences in cholesterol HDL levels with a variation of incubation time of 5 minutes and 20 minutes. The type of research is quantitative experimental laboratory with applied science research design. Inspection was carried out using the Photometer Microlab 300 Semi Auto Chemistry Analyzer. The result of the study showed that the duration of incubation was 5 minutes, the HDL cholesterol level was lower, while in the incubation period 20 minutes HDL cholesterol levels higher. Statistical calculations with *Mann Whitney Test* showed that there were no significant differences. The lower incubation time becomes the lower the HDL cholesterol level, and the higher incubation time, the higher the HDL cholesterol level

Keywords: HDL Cholesterol levels, Incubation time