

Perbedaan Kadar Serum Glutamic Pyruvate Transaminase (SGPT) Sebelum Dan Sesudah Aktifitas

Ida Fitriyanti¹, Andri Sukeksi², Junaedi Wibawa³

1. Program Studi DIV Analis Kesehatan Fakultas Ilmu Keperawatan dan Kesehatan Universitas Muhammadiyah Semarang
2. Laboratorium Patologi Klinik Fakultas Ilmu Keperawatan Dan Kesehatan Universitas Muhammadiyah Semarang
3. Dokter Patologi Klinik RSUD Benda Pekalongan

ABSTRAK

SGPT merupakan enzim yang utama banyak ditemukan pada sel hati serta efektif dalam mendiagnosis destruksi hepatoselular. Enzim ini juga ditemukandalam jumlah sedikit pada otot, jantung, ginjal, serta otot rangka. Tujuan penelitian mengetahui perbandingan hasil pengukuran pemeriksaan SGPT sebelumaktifitas dengan pemeriksaan SGPT sesudah aktifitas.Penelitian ini merupakan penelitian kuantitatif dengan jenis penelitian praeksperimen tanpa kelompok pembandingan. Rancangan penelitian yang akan digunakan adalah *one group pretest – posttest design*, jumlah sampelsebanyak 30 responden. Hasil penelitian menunjukan bahwa uji korelasi *Paired-samples T Test* diperoleh p value sebesar $0,03 < 0,05$, maka dapat disimpulkan bahwa ada perbedaan signifikan nilai kadar SGPT antara sebelum dan sesudah melakukan aktifitas senam aerobik. Nilai t sebesar -3.261 menunjukkan bahwa perbedaan kemandirian diterima pada level 99%. Dengan demikian hipotesis yang dapat disimpulkan adalah H_0 ditolak dan H_a diterima berarti ada perbedaan kadar SGPT sebelum dan sesudah aktifitas senam aerobik. Saran: Pasien yang akan menjalani pemeriksaan SGPT disarankan telah beristirahat dengan cukup dan tidak melakukan aktifitas fisik berlebih sehingga tidak mempengaruhi hasil kadar SGPT. Bagi yang melakukan aktifitas fisik senam meskipun hasil kadar SGPT masih dalam batas normal harus tetap melakukan tes fungsi hati. Penelitian selanjutnya dikaitkan dengan lama aktifitas fisik.

Kata Kunci : Kadar SGPT, Aktifitas

The Difference of Sgpt Serum Levels Before and After Human Activities

Ida Fitriyanti¹, Andri Sukeksi², Junaedi Wibawa³

1. Health analyst D IV study program Faculty of health & nursing Muhammadiyah University of Semarang
2. Clinical Pathology Laboratory, Nursing and Healt Faculty, Muhammadiyah University of Semarang
3. Hospital Clinic Pathologist at Bendan Hospital Regency of Pekalongan

ABSTRACT

Sgpt is main enzim which most is found at liver cell and effectively diagnose hepatoseluler destruction. This enzim also could be found a few at muscle, heart, kidney, and skeletal muscle. The objectives of this study is to find out the comparison of sgpt measurement result before and after activity. This is a quantitative research with a type of pra-experimental research without group comparison. Research planning which would be applied is one Ogroup pretest - posttest design with 30 respondents samples are 30 members of Berliana Aerobic Studio Pekalongan. The result of this research shows that correlation test of paired samples t test obtaines p value as much as $0.03 < 0.05$, so it can be concluded that there is a significant differences of sgpt serum levels before and after doing aerobic. T value as much as -3.261 shows the differences of acceptable independence in 99% levels. Therefore, concluded hypothesis is H_0 rejected and H_a accepted shows the differences of sgpt serum levels before and after doing aerobic. Suggestion: patient who will do sgpt examination is suggested to have some good rest and not to do any heavy physical activities before the test to prevent any effect of sgpt levels result. Patient with normal sgpt level result still should follow liver function test. Subsequent research would be associated with the lenght of physical activity.

Key Words : SGPT Level, Actifities