

PERBEDAAN KADAR KOLESTEROL *LOW DENSITY LIPOPROTEIN* (LDL) PADA SERUM SEGERA DAN TUNDA 4 JAM

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ABSTRAK

Kolesterol LDL (*Low Density Lipoprotein*) merupakan lipoprotein pengangkut kolesterol terbesar dalam darah. Kolesterol diedarkan ke seluruh tubuh dan pembuluh darah dalam bentuk LDL. Serum merupakan darah yang tidak ditambahkan antikoagulan, diperoleh setelah dibekukan, kemudian dipisahkan dengan *sentrifuge*. pemeriksaan profil lipid pada beberapa laboratorium tidak dapat segera dilakukan atau ditunda apabila terjadi kendala saat pemeriksaan salah satunya adalah kerusakan alat pemeriksaan. Penelitian ini bertujuan untuk mengetahui perbedaan kadar kolesterol LDL pada serum segera dan tunda 4 jam. Jenis penelitian ini adalah analitik. Sampel diambil secara *purposive sampling* sebanyak 32 sampel, kemudian dilakukan pemeriksaan kadar kolesterol LDL metode indirek (*formula fridewald*) di Laboratorium Patologi Klinik Universitas Muhammadiyah Semarang. Kadar rata-rata kolesterol LDL segera sebesar 86,94 mg/dL dan kadar rata-rata kolesterol LDL tunda 4 jam sebesar 80,56 mg/dL. Hasil uji *Paired sample t-test* menggunakan *software SPSS* untuk menganalisa kadar kolesterol LDL serum segera dan tunda 4 jam. Berdasarkan hasil uji *Paired sample t-test* diperoleh $p = 0,020 < 0,05$ berarti terdapat perbedaan yang signifikan kadar kolesterol LDL serum segera dan tunda 4 jam.

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

DIFFERENCES OF CHOLESTEROL LEVELS OF DENSITY LIPOPROTEIN (LDL) IN SERUM IMMEDIATELY AND DELAYED 4 HOURS

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ABSTRACT

Low Density Lipoprotein (LDL) cholesterol is the largest cholesterol lipoprotein in the blood. Cholesterol is circulated throughout the body and blood vessels in the form of LDL. Serum is blood that is not added anticoagulants, obtained after being frozen, then separated by a centrifuge. Examination of lipid profiles in several laboratories cannot be immediately carried out or postponed if there is an obstacle during inspection, one of which is damage to the inspection instrument. This study aims to determine differences in cholesterol levels of LDL in serum immediately and 4 hours delay. This type of research is analytic. The sample was taken by purposive sampling, Samples were taken by purposive sampling as many as 32 samples, then examination of indirect method LDL cholesterol (Friedewald formula) at the Clinical Pathology Laboratory of Muhammadiyah University Semarang. The average level of immediate LDL cholesterol was 86.94 mg /dL and the average level of 4 hours delay LDL cholesterol was 80.56 mg /dL. Paired sample t-test test results using SPSS software to analyze serum LDL cholesterol levels immediately and delay 4 hours. Based on the results of Paired sample t-test obtained $p = 0.020 < 0.05$ means there is a significant difference in serum LDL cholesterol levels immediately and 4 hours delay.

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