

## ABSTRACT

**SITI ZUHRIYAH DWI MARTINA, NIM : G2B013022, 2017. THE EFFECTIVENESS OF BLACK COFFEE INTERVENTION AND BLACK CARAWAY SEED (*NIGELLA SATIVA*) TOWARDS THE LEVEL OF TOTAL CHOLESTEROL OF *SPRAGUE DAWLEY*.** Supervisor I Agustin Syamsianah, Supervisor II Hapsari Sulistya Kusuma, Nutrition Sciences Program University of Muhammadiyah Semarang.

**Background :** Cholesterol is type of normal fat that exist in human's blood. Total cholesterol could rise if consume a lot of food high in fats, cholesterol and carbohydrate. This research is aiming to know the effectiveness of black coffee intervention and black caraway seed (*Nigella Sativa*) towards the level of total cholesterol.

**Method :** This reaserach is experimental research with *Pretest – posttest control group design's* method that done in Laboratorium Pusat Studi Pangan dan Gizi PAU UGM. The population is *Sprague Dawley* male mice with total sample are 30 mices divided into 5 groups. The criteria of *Sprague Dawley* mice are 2-4 months old with weight around 150-200 grams. Given the treatment with a standard feed AD2, feed high in fat, coffee and black caraway seed oil. The paramethric data is analyzed by One way anova ( $p < 0.005$ ) if there is significant difference, continued by post hoc test ( $p < 0.005$ ).

**Result :** The average of steeping coffee, black caraway seed oil (*Nigella Sativa*), and coffe mixed with black caraway seed oil (*Nigella Sativa*) with the level of total cholesterol on *Sprague Dawley* male mice with Anova examination shows *sig. value 0.000* which means smaller than *p value ( $p < 0.005$ )*.

**Conclusion :** Black coffee and black caraway seed has effect on lowering the level of total cholesterol on *Sprague Dawley* mice with cholesterol.

**Keywords :** coffee, black caraway seed oil (*Nigella Sativa*), total cholesterol.