

PERBEDAAN KADAR TRIGLISERIDA YANG DIPERIKSA LANGSUNG DENGAN DITUNDA 48 JAM DAN 72 JAM PADA SUHU RUANG

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ABSTRAK

Pemeriksaan trigliserida dapat menggunakan sampel serum atau plasma. Serum atau plasma harus segera dipisahkan dari sel-sel darah dan disimpan dalam lemari es supaya distribusi trigliserida tidak berubah dan enzim-enzim tidak sempat mengubah proporsi lipoprotein. Rendahnya aktifitas Lipoprotein Lipase akan dapat meningkatkan kadar trigliserida darah. Sampel serum atau plasma untuk pemeriksaan trigliserida mempunyai toleransi penyimpanan pada suhu ruang selama 2 hari. Penelitian ini bertujuan untuk mengetahui perbedaan kadar trigliserida yang diperiksa langsung dengan ditunda 48 jam dan 72 jam pada suhu ruang.

Jenis penelitian ini adalah eksperimen dengan populasi penelitian mahasiswa D III Analis Kesehatan Universitas Muhammadiyah Semarang Semester V. Sampel diambil secara random sebanyak 9 mahasiswa dengan perlakuan serum diperiksa langsung ditunda 48 jam dan 72 jam pada suhu ruang. Tempat penelitian ini di Laboratorium Patologi Klinik FIKKES UNIMUS.

Hasil penelitian menunjukkan bahwa hasil rerata kadar trigliserida yang diperiksa langsung lebih rendah dari pada hasil kadar trigliserida yang ditunda 48 jam dan 72 jam pada suhu ruang. Selisih rerata kadar trigliserida antara serum yang diperiksa langsung dan tunda 48 jam pada suhu ruang sebesar 14,02 %, selisih rerata kadar trigliserida antara serum yang ditunda 48 jam dan tunda 72 jam pada suhu ruang sebesar 17,34%, serta selisih rerata kadar trigliserida antara serum yang diperiksa langsung dan tunda 72 jam pada suhu ruang sebesar 33.80%. Uji statistik *One Way Anova* menunjukkan nilai kemaknaan 0,007 dengan taraf kemaknaan yaitu $0,007 < 0,05$. Dapat disimpulkan bahwa terdapat perbedaan kadar trigliserida yang diperiksa langsung dengan ditunda 48 jam dan 72 jam pada suhu ruang.

Kata Kunci : suhu, waktu, kadar trigliserida

THE DIFFERENCES IN LEVELS OF TRIGLISERIDA WHICH EXAMINED THE DIRECT AND DELAYED 48 HOURSE AND 72 HOURSE AT ROOM TEMPERATURE

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ABSTRACT

Examination of triglycerides can be performed using sample serum or plasma. Serum or plasma should be immediately separated from blood cells and stored in the refrigerator so that the distribution of triglycerides does not change and the enzymes do not have time to change the proportion of lipoprotein. Low Lipoprotein Lipase activity will increase blood triglyceride levels. Serum or plasma samples for triglyceride examination had a storage tolerance at room temperature for 2 days. This research aims to determine the differences in level of trigliseriida checked directly with delayed 48 hourse and 72 hourse at a room temperatur.

This type of research is experiment with student population of D III Health Analyst University of Muhammadiyah Semarang V. Sample randomly selected as much as 9 students with serum treatment directly checked delayed 48 hours and 72 hours at room temperature. The place of research in Clinical Pathology Laboratory FIKKES UNIMUS.

The results showed that the average results of triglyceride levels were directly examined lower than the results of triglyceride levels delayed 48 hours and 72 hours at room temperature. The mean difference of triglyceride level between serum tested and delay 48 hours at room temperature was 14,02%, the difference of triglyceride level between delayed serum 48 hours and 72 hours delay at room temperature was 17,34%, and the mean difference of triglyceride level between the serum and the delayed 72 hours at room temperature of 33.80%. One Way Anova statistical test shows a significance value of 0.007 with a significance level of 0.007 <0.05. It can be concluded that there is a difference of triglyceride level which is checked directly with 48 hours and 72 hours delay at room temperature.

Keywords : temperature, time, level triglyceride