

The Effect of Giving Salak Coffee Beans (*Salacca edulis* Reinw) on HDL Levels In Rats Induced by a High-Fat Diet

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ABSTRACT

*HDL is a high density lipoprotein consisting of protein. The low value of HDL levels can increase the risk of cardiovascular disease and is a major factor causing the risk of atherosclerosis. One of the therapies through nutrition that is often used is the consumption of antioxidants, one of which is the antioxidant content contained in steeping salak coffee beans. The purpose of this study was to determine the effect of steeping salak coffee beans (*Salacca edulis* Reinw.) on HDL levels of rats induced by a high-fat diet. The type of research used is True Experimental with pretest-posttest research design with control group design with purposive sampling. The samples used were Wistar rats as many as 24 samples. The samples were then grouped into 3 groups, namely: Control (-), Control (+), and treatment. Infusion of salak coffee beans was given at a dose of 5 ml/head per day for the treatment group. Examination of HDL levels was carried out at the New Prosenda Jember Laboratory. Data analysis used the Shapiro Wilk normality test, One Way Anova test and Paired T-Test test. The results showed that there was no difference in HDL levels between groups before treatment ($p=0.469$) and after treatment ($p=0.502$), there was no difference in HDL levels before and after in each treatment group with a value ($p=1,000$). The conclusion of this study was that there was no significant difference in HDL levels before and after administration of salak coffee infusion in the treatment group.*

Keywords : *Salak Bean Coffee, HDL, Flavonoids*