

***The Effect of White Oyster Mushroom Juice on LDL Cholesterol Levels
in Hypercholesterolemic Patients at UPT Tresna Werdha Social
Services Jember***

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ABSTRACT

Hypercholesterolemia is controlled by consuming foods high in fiber, one of which is white oyster mushrooms which have hypocholesterolemic properties with a fiber content of 9 g/100 g, which is given in juice form by blanching (5 minutes). The aim of this study was to determine the effect of giving white oyster mushroom juice 250 ml (morning and evening) for 14 days on LDL cholesterol levels in hypercholesterolemic patients. The research was carried out on 28 September-19 October 2022 at UPT Tresna Werdha Social Services Jember. This type of research is Quasy Experimental with a Pretest-Posttest with Control Group research design. A sample of 36 elderly people by purposive sampling method was divided into 18 control groups and 18 treatment groups. The results of the Paired T-Test and Independent T-Test on LDL cholesterol levels obtained a p value > 0.05 ($p = 0.348$, $p = 0.553$, and $p = 0.843$), meaning that there was no significant difference in LDL cholesterol levels before and after intervention in the control group and the treatment group. The average difference before and after administration of white oyster mushroom juice was 4.61 mg/dL. The conclusion of this research is that white oyster mushroom juice has no effect on reducing LDL cholesterol levels in hypercholesterolemic patients, but it can still reduce LDL levels.

Keywords : *White Oyster Mushroom, LDL, Hypercholesterolemia*