

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

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ABSTRACT

Hypercholesterolemia is a disorder of lipid metabolism characterized by increased levels of total blood cholesterol, triglycerides, LDL and decreased blood HDL. White Oyster Mushrooms contain dietary fiber, namely beta-glucan fiber. The purpose of this study was to determine the effect of giving white oyster mushroom juice to the elderly at UPT Social Services Tresna Werdha Jember. This study used a Quasy Experiment design with a Pretest-Posttest with Control Group design. The technique used for sampling was purposive sampling technique with a total sample of 36 subjects which were divided into 2 groups, namely 18 control groups and 18 treatment groups by consuming 500 ml of oyster mushroom juice consumed 2 times a day, morning and evening with each The gift is 250 ml made from 80 grams of fresh oyster mushrooms, 2.5 grams of corn sugar, 1 tablespoon of lime, 1 drop of essence, and 200 ml of water. The results of this study were analyzed using the Independent T-test and Paired T-test. There was no difference ($p = 0.061 < 0.05$) on HDL cholesterol levels before administration of white oyster mushroom juice. There was no difference ($p = 0.110 < 0.05$) on HDL cholesterol levels after administration of white oyster mushroom juice. There was no effect on each group, namely the control group ($p = 0.642 < 0.05$) and the treatment group ($p = 0.553 < 0.05$) on HDL cholesterol levels before and after administration of oyster mushroom juice. There was no difference ($p = 0.746 < 0.05$) on HDL cholesterol levels before and after administration of white oyster mushroom juice. The conclusion of this study is that there is no effect of giving white oyster mushroom juice on HDL cholesterol levels in hypercholesterolemia sufferers.

Keywords: *White Oyster Mushroom, Hypercholesterolemia, HDL.*