

***Effect of Giving Tempe Flour on HDL Levels of
Hypercholesterolemia White Rats***

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ABSTRACT

Tempe flour contains flavonoids which can help increase HDL levels. This study aims to determine the effect of giving tempe flour on HDL levels of hypercholesterolemia white rats. This type of research is True Experimental with Pretest-Posttest with Control Group Design. The study used 27 male white rats which were divided into 3 negative control groups (K-), positive control groups (K+), and treatment (P). Rats were induced using a mixture of quail egg yolk and used cooking oil 2 ml/200 grams of rat BB and 0.01%ml PTU of 100 ml for 28 days. The intervention given was tempe flour 1.8 grams/head. Examination of HDL levels with the CHOD-PAP method. The research showed that the analysis used Kruskal-wallis, Paired T-Test, One Way Anova, and Post Hoc. There was a difference in pretest HDL levels ($p=0.024$), and there was no difference in posttest HDL levels ($p=0.389$). Also, there were differences in HDL levels between the K+ pretest group and the K+ posttest group ($p=0.043$), there was a difference between the P pretest group and the P posttest group ($p=0.012$). There was a difference in HDL levels before and after the intervention ($p=0.032$). This research can be concluded that there was no effect of giving tempe flour on HDL cholesterol levels in hypercholesterolemia white rats.

Keywords: *Tempe Flour, HDL cholesterol, Hypercholesterolemia.*