

Pengaruh Pemberian Minuman Kacang Hijau Terhadap Kadar LDL Lansia Hiperkolesterolemia Di UPT Pelayanan Sosial Tresna Werdha Jember (The Effect Of Giving Green Bean Drink On LDL Levels Of Hypercholesterolemic Elderly At UPT Social Services Tresna Werdha Jember)

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ABSTRACT

Hypercholesterolemia is a condition of cholesterol levels in the blood that have exceeded the normal limit of 200 mg / dl. Green bean drink is one product that contains fiber and is good for people with hypercholesterolemia. The purpose of this study was to determine the effect of giving green bean drinks on LDL levels of hypercholesterolemic elderly in UPT Social Services Tresna Werdha Jember. The research design used was Quasy Experimental Design with a Pre-Post Test approach with Control Group Design. The sampling technique used was purposive sampling with a total sample of 36 hypercholesterolemia patients divided into 2 groups, namely 18 control group respondents and 18 treatment group respondents. Samples were given mung bean drinks, with the amount of mung bean drinks given as much as 75 ml consumed twice a day for 14 consecutive days. The results of this study were analyzed using the Independent T-test and Paired T-test. There was no difference ($p = 0.081$) on LDL levels before giving mung bean drink. There was no difference ($p = 0.809$) on LDL levels after giving mung bean drink. There was no effect on each group, namely the control group ($p = 0.306$) and the treatment group ($p = 0.453$) on LDL levels before and after giving green bean drinks. There was no difference ($p = 0.064$) in LDL levels before and after giving mung bean drink. The conclusion of this study was that there was no effect of giving green bean drinks on LDL levels of hypercholesterolemic elderly.

Keywords : Hypercholesterolemia, Green Bean Drink, LDL Levels, Fiber