

The Effect of Providing Green Bean Drinks on HDL Cholesterol Levels in Hypercholesterolemic Elderly at UPT Social Services Tresna Werdha Jember

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Hypercholesterolemia is a condition where the cholesterol level in the blood exceeds the normal limit, namely 200 mg/dl. Green bean drinks have a high fiber content. The aim of this research is to determine the effect of giving green bean drinks on HDL cholesterol levels in hypercholesterolemic elderly people at the Tresna Werdha Jember Social Services UPT. This research uses a Quasy Experiment design with a Pretest-Posttest with Control Group design. The technique used for sampling was a purposive sampling technique with a total sample of 34 subjects divided into 2 groups, namely 16 control groups and 18 treatment groups by consuming 150 ml of green bean drink which was consumed twice a day, namely in the morning and evening with each giving is 75 for 14 days. The results of this research were analyzed using the Independent T-test and Mann-Withney test. There was no difference ($p = 0.266$) in HDL cholesterol levels before giving the green bean drink. There was no difference ($p = 0.382$) in HDL cholesterol levels after giving green bean drinks. There was no difference between each group, namely the control group ($p = 0.515$) and the treatment group ($p = 0.476$) in HDL cholesterol levels before and after giving the green bean drink. There was no difference ($p = 0.868$) in HDL cholesterol levels before and after giving the green bean drink. The conclusion of this study is that there is no effect of giving green bean drinks on HDL cholesterol levels in hypercholesterolemia sufferers.

Keywords : Hypercholesterolemia, Green Bean Drink, HDL