

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

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**ABSTRACT**

*Hypercholesterolemia is a metabolic disorder characterized by an increase in total cholesterol levels and accompanied by an increase in low-density lipoprotein (LDL) cholesterol levels in the blood. A person can be said to be suffering from hypercholesterolemia if the cholesterol level exceeds the normal =, namely >200 mg. Hypercholesterolemia can be controlled by consuming drinks that are high in fiber. Green bean drink is a drink that contains fiber. The aim of this research is to determine the effect of giving green bean drinks on total 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 consecutive days. The results of this research were analyzed using the Independent T-test and Mann-Withney test. There was no difference in total cholesterol levels before giving the green bean drink. The  $p = 0.851$  There was a significant difference in total cholesterol levels after giving white oyster mushroom juice to the group. control and treatment groups which are marked with a  $p =$  of 0.001. There is a significant difference in the difference in total cholesterol levels before and after giving the green bean drink in the control group and the treatment group which is marked with a  $p =$  of 0.000 The conclusion of this research is that green bean drinks have an effect on reducing total cholesterol in hypercholesterolemia sufferers at the Tresna Werdha Jember Social Services UPT.*

***Keywords: Hypercholesterolemia, Green Bean Drink, Total Cholesterol***