ABSTRACT

Eka Erwanti, 2013. **Effect of Wheat Sprouts Green Beans (Phaseolus radiatus) Total Cholesterol reduction Against Swiss Webster mice (Mus musculus L.) Hiperkolesterolemik**. Department of State Health Politeknik Jember, Supervisor: Agustina Endah W., S. Sos, M. Kes, and dr. Arisanty Nur Restuti.

This study aimed to determine the effect of mung bean sprouts flour total cholesterol swiss webster mice (Mus musculus L.) given high-cholesterol diet. This research is (Experimental True) experimental design used was a pre-test and post-test control group design. The samples used were 24 mice were collected by simple random sampling in accordance with the inclusion and exclusion criteria were given a diet high in cholesterol such as egg yolks 0.875 g / rat for 14 days, on days -22 total cholesterol levels checked at *pre-test* and -37 day for total cholesterol checked before the *post-test* were given the green bean sprouts treated flour for 14 days. Samples were divided into 4 groups: the positive control group (K +), green bean sprouts Care flour 0.7 g (P1), mung bean sprouts Care flour 0.9 g (P2), and green bean sprouts 1.1 gr flour Care (P3). The results of a comparative study total cholesterol pre-test and post-test in each test group using paired t-test (α <0,05). Results of statistical tests paired t-test showed that there are significant differences between the results of total cholesterol *pre-test and post-test*. Results of statistical tests paired t-test in the control group treated green bean flour 0.9 g and 1.1 g shows the p of value 0.042 (α <0.05) and p = 0.001 (α <0.05), which means that no there are significant differences in the *pre-test* and *post-test*. Further data before treatment and after treatment in tests using *one-way anova* statistical test (α <0,05). Results *one-way anova* statistical test showed a total cholesterol test results of pre-test p = 0.01 (α <0.05) which means that there are significant differences in total cholesterol test results before treatment. To find out which group is more influential then performed the *Least Significant Difference* test (LSD). LSD test results showed that total cholesterol level was significantly different from the positive control group treated with mung bean sprouts flour 0.9 g and 1.1 g are p = 0.005 (α <0.05) and p = 0.014 (α <0, 05). Whereas the group treated flour 0.7 g mung bean sprouts differed significantly by treatment group green bean flour 0.9 g and 0.11 g are p = 0.02 (α <0.05) and p = 0.04 (α <0,05). Conclusion Giving flour mung bean sprouts at a dose of 0.9 g, and 1.1 g decrease in total cholesterol levels of mice with high cholesterol diet.

Keywords: flour mung bean sprouts, total cholesterol.