

**The Effects of Barongko Banana Kepok Kuning (*Musa paradisiaca* L.)
Against Cholesterol Levels of Total Hypercholesterolemia Patients In
Outpatient Clinic Jember District**

Elok Fadhilah

**Clinical Nutrition Study Program
Department Of Health**

ABSTRACT

Hypercholesterolemia is a lipid metabolic disorder characterized by abnormalities (increase or decrease) of lipid fraction in plasma. The major lipid fraction disorders are high total cholesterol, high triglyceride levels, and low HDL cholesterol levels. Results of national biomedical reports on population ≥ 15 years, total abnormal cholesterol prevalence of 35.9%. One way to help reduce total cholesterol is to consume yellow cotton banana cake barongko because of high fiber content that can lower total cholesterol. The purpose of this study was to determine the effect of barongko banana kepok on total cholesterol level of outpatient hypercholesterolemia patients in Clinic Jember. This research is a true experimental research with approach of Pre-test Post-Test Randomized Control Group Design. Data analysis in this study using Kolmogorov-Smirnov normality test if the data is not normally distributed it will be followed by data transformation to normalize the data then use the test of Independent T test and Paired T test. Total subjects were 30 subjects, with 15 subjects in the control group and 15 subjects in the treatment group. The results showed no difference in total cholesterol levels between groups before (pre test) ($p = 0.173$) and there was a difference of total cholesterol levels between groups after (post test) ($p = 0,042$). There was a difference of total cholesterol level before (pre test) and after (post test) in control group ($p = 0,001$) and treatment group ($p = 0.0001$). There was a difference of total cholesterol between the two groups ($p = 0.0001$). There is the influence of yellow cake banana barongko cake to decrease total cholesterol levels by controlling the intake of fat and protein statistically ($p = 0,001$).

Keywords: *Hypercholesterolaemia, Total Cholesterol, Barongko Banana Cake
Yellow Kepok*