

INTISARI

Rokok mengandung radikal bebas yang dapat menyebabkan terjadinya peroksidasi lipid. Hal tersebut menyebabkan kadar kolesterol total plasma meningkat. Rebusan daun sirsak (*Annona muricata L.*) diketahui memiliki efek antioksidan yang dapat meredam aksi radikal bebas. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian rebusan daun sirsak terhadap kadar kolesterol total pada perokok aktif.

Penelitian ini menggunakan metode *One Group PreTest Post Test Design*. Subjek dalam penelitian ini terdiri dari 20 orang yang mendapat perlakuan dengan 2 gram daun sirsak kering dalam 200 ml air setiap pagi dan sore hari selama 8 hari. Subjek akan diambil darahnya sebagai data pemeriksaan kolesterol sebelum perlakuan atau *pre test*. Setelah perlakuan 8 hari, subjek kembali diambil darahnya untuk data pemeriksaan kolesterol sesudah perlakuan atau *post test*. Data dianalisis menggunakan *paired t-test*.

Hasil pemeriksaan penelitian menunjukkan bahwa rata-rata kolesterol total sebelum perlakuan sebesar $162,920 \pm 27,852$ mg/dl, sedangkan hasil pemeriksaan setelah perlakuan sebesar $154,606 \pm 28,038$ mg/dl. Penelitian ini menunjukkan adanya penurunan kadar kolesterol total pada perokok aktif setelah pemberian rebusan daun sirsak (*Annona muricata L.*) sebesar $8,314 \pm 0,186$ mg/dl dengan nilai $p=0,042$ (<0.05). Disimpulkan bahwa dosis 2 gram rebusan daun sirsak (*Annona muricata L.*) dalam 200 ml air diminum dua kali sehari selama 8 hari dapat menurunkan kadar kolesterol total pada perokok aktif.

Kata Kunci : *Annona muricata L.*, kolesterol total, perokok aktif.

ABSTRACT

Cigarettes contain free radicals that may cause lipid peroxidation. This causes increased plasma total cholesterol levels. Decoction of leaves of the soursop (Annona muricata L.) is known to have antioxidant effects that can reduce the action of free radicals. This study aims to determine the effect of soursop leaf decoction on levels of total cholesterol in active smokers.

This research uses One Group Pre Test Post Test Design. Subjects in this study consisted of 20 people were treated with 2 grams of dried leaves of the soursop in 200 ml of water each morning and evening for 8 days. The subject will be taken blood as cholesterol checks the data before the treatment or pre-test. After 8 days of treatment, subjects returned to have blood for cholesterol checks the data after treatment or post-test. Data were analyzed using paired t-test.

Result of scan research showed the average total cholesterol before treatment is 162.920 ± 27.852 mg / dl, while the results of the examination after treatment is 154.606 ± 28.038 mg / dl. This research showed that there is reduction in total cholesterol levels in active smokers after administration of soursop leaf decoction (Annona muricata L.) was 8.314 ± 0.186 mg / dl with a value of $p = 0.042$ (<0.05). It was concluded that a dose of 2 grams of cooked leaves of the soursop (Annona muricata L.) in 200 ml of water taken twice a day for 8 days can lower total cholesterol levels in active smokers.

Keywords : *Annona muricata L., total cholesterol, active smokers.*