

INTISARI

Telah dilakukan penelitian mengenai rasio kadar total kolesterol serum dengan kadar *high density lipoprotein* (HDL) serum pada kelompok lansia yang diberikan tambahan diet tempe.

Jenis penelitian ini adalah penelitian eksperimental murni dengan menggunakan rancangan penelitian *pre test – post test, randomized control group design*, dengan pendekatan *cross sectional*. Subyek penelitian adalah orang usia lanjut yang berada di Panti Sosial Tresna Wredha, laki – laki, berusia 60-80 tahun, tampak sehat, dan dapat melakukan aktivitas fisik sehari – hari. Subyek terdiri dari 1 kelompok yang terdiri dari 14 orang, yang diperiksa rasio kadar total kolesterol dengan kadar HDL sebelum dan sesudah suplementasi tempe kedelai. Suplementasi dilakukan dengan memberikan 100 gram tempe setiap hari selama 15 hari. Kadar total kolesterol serta HDL serum ditentukan dengan kit kolesterol serta kit HDL.

Rerata rasio kadar kolesterol total dan HDL sebelum suplementasi adalah 1,461, sedangkan sesudah suplementasi adalah 1,395. Hasil uji statistik menunjukkan bahwa rasio kadar kolesterol total dan HDL sebelum dan sesudah pemberian diet tempe selama 15 hari berbeda secara bermakna ($p < 0,05$).

Kesimpulan penelitian ini adalah diet tempe kedelai sebanyak 100 gram tiap hari selama 15 hari berturut-turut dapat menurunkan rasio kadar kolesterol total dengan HDL pada lansia.

Kata kunci : kolesterol total, HDL, rasio total kolesterol:HDL, lansia, tempe

ABSTRACT

A study on total cholesterol – high density lipoprotein ratio of a group elderly who gaved tempeh supplementation has been done.

An experimental study with pre test – post test, randomized control group design, with cross sectional approach has been done. The subjects of this study were elderly, 60 – 80 years old, live in institutional home, and able to do physical activity. The subjects was a group, consisted of 14 people, who checked the total cholesterol-high density lipoprotein ratio before and after tempeh supplementation. Each subject given 100 grams tempeh supplementation each day, for 15 days. Total cholesterol and high density lipoprotein was measured with cholesterol kit and high density lipoprotein kit.

The average of ratio total cholesterol and high density lipoprotein of the subject before tempeh supplementation is 1,461, whereas after tempeh supplementation is 1,395. The result of statistic analysis show that ratio total cholesterol and high density lipoprotein of the subjects before and after tempeh supplementation were significantly different ($p < 0,05$).

As conclusion of this study, there are decreasing of the total cholesterol and HDL ratio after 100 grams tempeh supplementation each day, during 15 days, in elderly people.

Key words : total cholesterol, high density lipoprotein, tempeh, and elderly