

INTISARI

Telah dilakukan penelitian tentang kadar HDL-kolesterol darah pada kelompok usia produktif yang diberi suplementasi susu kedelai. Penelitian ini ditujukan untuk mengetahui kadar HDL darah pada usia produktif setelah diberi suplementasi susu kedelai.

Penelitian ini menggunakan rancangan eksperimental murni dengan pendekatan cross sectional. Subjek penelitian adalah orang usia produktif yang bekerja sebagai karyawan di Fakultas Kedokteran UMY. Subjek penelitian berusia 31-51 tahun, tampak sehat dan dapat melakukan aktivitas fisik sehari-hari. Subjek sebanyak 13 orang. 13 subjek diberi suplementasi susu kedelai sebanyak 250 cc, 2 kali sehari selama 13 hari. Selanjutnya sebelum dan sesudah suplementasi dilakukan pengambilan darah. Kadar HDL ditentukan dengan metode pemeriksaan laboratorium HDL (*precipitation of LDL, VLDL, and chylomycrons*).

Hasil uji statistik dengan analisa T-Test menunjukkan bahwa kadar HDL kolesterol darah sebelum dan sesudah suplementasi berbeda bermakna ($p < 0,05$). Rerata kadar HDL serum sebelum suplementasi adalah $89,98 \pm 2,91$ mg/dl. Rerata kadar HDL serum setelah suplementasi adalah $98,84 \pm 3,25$ mg/dl. Dari hasil yang telah diperoleh dapat disimpulkan bahwa suplementasi susu kedelai bisa

ABSTRACT

A study on HDL-cholesterol of productive age group having habit consume soy milk has been done. This research addressed to know HDL levels of blood of productive age with habit consume soy milk

Cross-sectional and experimental study had been done. The subject of this study were people of laboring productive age as employees in Medical Faculty of UMY. The subject of this study were 31-51 year, visible make healthy and able to do physical activity. Subjek as much 13 people. Thirteen subjects was received supplementation of about 250 cc soymilk, 2 times in one day during 13 day. Blood sample was taken two times i.e before and after supplementation. HDL concentration measured by method of inspection of laboratory HDL (precipitation of LDL, VLDL, and chylomycrons).

The result of statistical test with analysis of T-Test indicate that rate of HDL-cholesterol of blood [of] before and hereafter suplementasi were significantly different ($p < 0,05$). The average of HDL concentration before supplementation is $89,98 \pm 2,91\text{mg/dl}$. While average of HDL concentration after supplementation is $98,84 \pm 3,25\text{mg/dl}$. From the result which have been obtained inferential that suplementasi of milk of soy can improve HDL concentration

Keyword : HDL, soy milk