

Effects of tomato juices (*Lycopersicum esculentum* Mill) consumption on plasma lycopene levels of male light smokers

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Abstrak

Penelitian ini merupakan penelitian eksperimental dengan desain pre dan post test, untuk mengetahui pengaruh konsumsi jus tomat (*Lycopersicum esculentum* Mill) terhadap kadar likopen plasma. Sampel darah dari 27 orang subyek penelitian dengan rata-rata usia $34,70 \pm 5,74$ tahun, mempunyai tingkat pendidikan menengah (85,2%), mengalami paparan langsung terhadap debu panas dalam pekerjaannya (40,74%) dan merokok jenis rokok kretek (77,78%), diberi perlakuan dengan jus tomat (*Lycopersicum esculentum* Mill) yang telah diolah sebanyak 350 gram/hari selama 4 hari berturut-turut. Kadar likopen plasma diperiksa sebelum dan sesudah perlakuan. Hasil penelitian menunjukkan bahwa kadar likopen plasma setelah perlakuan mengalami peningkatan yang secara statistik bermakna. Hal ini membuktikan bahwa konsumsi jus tomat yang diolah dengan benar ternyata mampu meningkatkan kadar likopen plasma. (Med J Indones 2004; 13: 146-50)

*The study was an experimental study with pre and post test design, to evaluate the effects of tomato juices (*Lycopersicum esculentum* Mill) consumption on plasma lycopene level. Blood sample of 27 subjects with average age of 34.70 ± 5.74 years old, moderate education level (85.2%), experienced direct contact with working environmental pollutant (40.74%) and smoked kretek cigarettes (77.78%) were given treatment with 350 gram/day of tomato juices (*Lycopersicum esculentum* Mill) which had been properly prepared for 4 consecutive days. The lycopene plasma level was examined before and after treatment. The findings showed that after treatment, the lycopene plasma level significantly increased. This showed that consumption of properly prepared of tomato juices will increase the lycopene plasma level. (Med J Indones 2004; 13: 146-50)*