

Efek bubuk susu kedelai terhadap kadar kolesterol LDL dan HDL serum wanita perimenopause dengan hiparkolesterolemia = The effects of soy milk powder on LDL and HDL serum cholesterol levels in hypercholesterolemic perimenopausal women

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Abstrak

ABSTRAK

Tujuan penelitian ini adalah untuk mengetahui efek pemberian bubuk susu kedelai 2x30 gram/lari, selama 8 minggu terhadap kadar kolesterol LDL dan HDL serum pada wanita perimenopause

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Penelitian dengan rancangan one group pre-post tes yang telah disetujui Komite Etik FKUI. Subyek mendapat suplementasi susu bubuk kedelai 2x30 g/hari selama 8 minggu. Pada awal (minggu 0); pertengahan (minggu IV); dan akhir penelitian (awal minggu IX) dilakukan pemeriksaan kadar kolesterol LDL dan HDL. Data isilpan zat gizi dilakukan sebelum dan selama penelitian berlangsung, dengan menggunakan food recall 1 x24 jam. Uji statistik yang digunakan adalah uji t berpasangan jika data berdistribusi normal dan Wilcoxon, jika data berdistribusi tidak normal. Tingkat kemaknaan yang digunakan $p < 0,05$.

Sebanyak 19 subyek penelitian yang dapat mengikuti penelitian sampai selesai. Setelah delapan minggu perlakuan, didapatkan adanya penurunan yang bermakna ($p < 0,05$) pada kadar kole-ol LDL, yaitu sebesar $8,59 \pm 17,31\%$ di minggu IV dan $7,81 \pm 11,32\%$ di minggu IX. Kadar kolesterol HDL menurun pada minggu IV dan IX, namun tidak bermakna ($p > 0,05$). Rasio kolesterol LDL terhadap HDL, men= secilla bermakna ($p < 0,05$) di minggu IV, yaitu sebesar $7,03 \pm 16,82\%$, sedangkan di minggu IX terjadi penurunan, namun tidak bermakna ($p > 0,05$), sebesar $4,04 \pm 12,25\%$.

Pemberian bubuk susu kedelai 2x30 g/hari selama delapan minggu, dapat menurunkan kadar kolesterol LDL serta rasio LDLIHDL secara bermakna.

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Abstract

This research aim to investigate the effects of 2x30 g/d soy milk powder, for eight weeks on serum cholesterol LDL and HDL levels in hypercholesterolemic perimenopausal women

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The study was a one group pre-post test design, which was approved by The Ethical Clearance Research Committee of Faculty of Medicine University of Indonesia. The subjects received 2x30 g/d soy milk powder for eight weeks. Serum LDL and HDL cholesterol levels were determined at the beginning (week 0), the middle (week 4), and the end of the study (week 9). Dietary intakes were assessed using 1x24 hours food recall. Statistical analysis was performed using dependent t test for normal distribution and Wilcoxon for not normal distribution data. The level of significance was 5% ($p < 0,05$)

There were 19 subjects who completed the study. After eight weeks intervention, there was 8.59±17.31% significant decreased in LDL cholesterol levels at the 4th week of the study and 7.81±11.32% at the 9th week of the study ($p < 0,05$). HDL cholesterol levels decreased at the 4th and 8th weeks, but not significant ($p > 0,05$). The ratio of LDL to HDL was 7,03±16,82%, which was significant decreased at the 4th week ($p < 0,05$), while at the 9th week the decrement was not significant (4.04±12.25%), $p > 0.05$.

Consuming soy milk powder 2 x 30 g/d during eight weeks, can reduce the LDL cholesterol level and LDL/HDL ratio significantly.