

Pengaruh suplementasi serat psyllium husk dan diet rendah kalori seimbang terhadap kadar APO B penyandang obes I = Effect of supplementation psyllium husk and low calorie balanced diet on APO B level in obese I

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Abstrak

ABSTRAK

Penelitian dengan rancangan uji klinis paralel acak tersamar ganda ini bertujuan mengetahui perubahan kadar apo B pada penyandang obes I setelah suplementasi serat psyllium husk (PH) 8,4 g/hari dan diet rendah kalori seimbang (DRKS) 1200 kkal/hari selama 4 minggu. Berdasarkan kriteria penelitian, didapat 31 orang subyek yang dibagi menjadi dua kelompok, 15 orang kelompok perlakuan (KP) dan 16 orang kelompok kontrol (KK). Subyek KP mendapat PH 8.4 g/hari dan DRKS, sedangkan KK mendapat plasebo dan DRKS. Data yang diperoleh meliputi sebaran dan karakteristik subyek, asupan energi, makronutrien, serat, dan air, serta kadar apo B awal dan akhir penelitian. Analisis data menggunakan uji t tak berpasangan dan Mann-Whitney, batas kemaknaan 5%. Sejumlah 28 subyek dapat mengikuti penelitian hingga selesai (KP dan KK masing-masing 14). Tidak dilaporkan efek samping berbahaya selama perlakuan. Sebagian besar subyek perempuan, median usia subyek KP dan KK berturut-turut 35,0 (3045) tahun dan 34,50 (3048) tahun, IMT $28,0 \pm 1,1$ kg/m² dan $27,2 \pm 1,4$ kg/m². Jumlah asupan energi total subyek KP $1130,9 \pm 221,9$ kkal/hari lebih tinggi signifikan ($p = 0,02$) daripada KK $1024,3 \pm 269,9$ kkal/hari. Karbohidrat sederhana pada KP (35,6 (8,369,9)) g/hari lebih tinggi signifikan dibandingkan KK (13,8 (3,455,5)) g/hari. Asupan serat subyek belum mencukupi anjuran (20–35 g/hari), yaitu KP $17,2 \pm 2,8$ g/hari dan KK $8,6 (5,215,2)$ g/hari walaupun dengan suplementasi PH. Asupan protein, lemak total, dan kolesterol dalam rentang yang dianjurkan, tetapi tidak pada asupan asam lemak tak jenuh tunggal dan jamak. Penurunan kadar apo B pada KK ($-6,1 \pm 8,9$ mg/dL) lebih besar tidak signifikan ($p = 0,13$) dibandingkan pada KP ($-1,3 \pm 7,3$ mg/dL). Dari penelitian ini disimpulkan suplementasi PH 8,4 g/hari dan DRKS 1200 kkal/hari selama 4 minggu tidak lebih baik dalam menurunkan kadar apo B dibandingkan plasebo dan DRKS 1200 kkal/hari penyandang obes I.

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ABSTRACT

This double blind randomized clinical trial aims to investigate the change of apo B level in obese I after given supplementation psyllium husk (PH) 8.4 g/day and low-calorie balanced diet (LCBD) for 4-weeks. By study criteria, 31 subjects were randomly allocated to one of two groups; 15 subjects for treatment (T) group and

16 subjects for placebo (P) group. The T subjects received psyllium husk (PH) 8.4 g/day and LCBD 1200 kcal/day and the P subjects received placebo and LCBD 1200 kcal/day. Data collected in this study consist of subject distribution and characteristic, intake of energy, macronutrient, fiber, water and apo B level that assessed before and after treatment. Level of statistical analyses significance was 5%, independent t-test and Mann-Whitney. A total 28 subjects (14 subjects in each group) had completed the intervention. There were no serious adverse events were reported along the intervention. Mean of age in T and P groups respectively was 35.0 (30.045.0) years and 34.5 (30.048.0) years, and BMI was 28.0 ± 1.1 kg/m² and 27.2 ± 1.4 kg/m². The energy intake in T group 1130.9 ± 221.9 kcal/day was significantly higher ($p = 0.02$) than P group 1024.3 ± 269.9 kcal/day. Simple carbohydrate intake in T group (35.6 (8.369.9) g/day) was significantly higher ($p < 0.000$) than in P group (13.8 (3.455.5) g/day). Intake of dietary fiber in T group was 17.2 ± 2.8 g/day had significantly higher than P group 8.6 (5.215.2) g/day, even adding PH supplementation cannot meet the recommendation of fiber intake (20-35 g/day). Intake protein and fat in both groups was meet recommendation, differ for intake of mono and polyunsaturated fatty acids. Decreasing of apo B level in P group was -6.1 ± 8.9 mg/dL that statistically insignificant difference ($p = 0.13$) with T group -1.3 ± 7.3 mg/dL. As a conclusion in this study shows, that PH supplementation 8.4 g/day and LCBD 1200 kcal/day in obese I for 4 weeks wasn't proven to decrease the apo B level.