

PENGARUH DIET TINGGI SERAT DAN SENAM AYO BANGKIT TERHADAP PENINGKATAN KADAR KOLESTEROL HDL DAN PENURUNAN UMUR BIOLOGIS PADA PASIEN DISLIPIDEMIA

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Abstrak

Dislipidemia merupakan kelainan metabolisme lemak disebabkan oleh makanan tinggi lemak, proporsi lemak jenuh tidak seimbang, tinggi kolesterol dan rendah konsumsi serat. Dislipidemia ditandai peningkatan kolesterol total, *Low-Density Lipoprotein Cholesterol* (LDL), dan trigliserida maupun penurunan *High Density Lipoprotein* (HDL). Kejadian dislipidemia dapat dicegah dengan mengatur asupan makanan dan aktifitas fisik. Tujuan penelitian untuk mengetahui pengaruh diet tinggi serat dan senam ayo bangkit terhadap peningkatan kadar kolesterol HDL dan penurunan umur biologis pada pasien dislipidemia di Puskesmas Kecamatan Ciputat. Metode penelitian ini adalah *True Experimental design* dengan rancangan metode *randimized control group pretest-posttest design*, responden berjumlah 22 orang dibagi dalam 2 kelompok yaitu 11 orang kelompok perlakuan mendapatkan tambahan sumber serat >25 gr/hari dan 11 orang kelompok kontrol. Penelitian ini dilaksanakan selama 1 minggu. Hasil uji statistik didapatkan tidak terdapat pengaruh signifikan antara diet tinggi serat dengan peningkatan kolesterol HDL dan penurunan umur biologis, namun terdapat perubahan signifikan dari kolesterol HDL baik pada kelompok perlakuan ($p=0.000$) dengan rata rata penurunan 12.18 mg/dl maupun kelompok kontrol ($p=0.001$) dengan rata-rata penurunan 5.65 mg/dl. Sedangkan untuk umur biologis tidak terdapat perubahan signifikan pada kedua kelompok. Diharapkan penelitian ini dapat bermanfaat bagi peningkatan pelayanan, pendidikan dan perkembangan ilmu gizi serta pengambilan kebijaksanaan bidang gizi.

Kata kunci : diet tinggi serat, senam ayo bangkit, kolesterol HDL, umur biologis.

THE INFLUENCE OF HIGH FIBER DIET AND AYO BANGKIT AEROBICS TO INCREASE HDL LEVEL AND DECREASE THE BIOLOGICAL AGE IN DYSLIPIDEMIA PATIENT

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Abstract

Dyslipidemia is a disorder of fat metabolism that happen because high-fat diet, with the proportion of saturated fats are not balanced, high cholesterol and low in fiber consumption. Dyslipidemia characterized by increase total cholesterol, Low-DensityLipoprotein cholesterol (LDL), and triglycerides as well as a decrease in High-Density Lipoprotein (HDL). to prevent the incidence of dyslipidemia can be done by regulating food intake and physical activity. This study aims to determine the influence of high-fiber diet and Ayo Bangkit aerobics to increased levels of HDL cholesterol and decrease the biological age in patients with dyslipidemia at sub-district Puskesmas Ciputat. The method in this study is True Experimental design with methods randimized control group pretest-posttest design, respondents amounted to 22 people divided into two groups : 11 for the treatment group who get an extra source of fiber > 25 gram/day and 11 people for the control group. The research was conducted during one week. Statistical test results showed that there's not significant difference between high-fiber diet with increased levels of HDL cholesterol and decrease the biological age, but there is a significant change in HDL cholesterol levels both in the treatment group ($p = 0.000$) with an average decrease 12:18 mg / dl or the control group ($p = 0.001$) with an average reduction of 5.65 mg / dl. As for the biological age there were no significant changes in both groups. This research is expected to provide benefits for the improvement of services and education as well as the development of nutrition science and policy-making in the field of nutrition.

Keywords: high-fiber diet, exercise let rise, HDL cholesterol, biological age.