

PENGARUH INTERVENSI BUAH JAMBU BIJI TERHADAP KADAR PROFIL LIPID PADA ORANG DEWASA DISLIPIDEMIA KOTA KENDARI

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INTISARI

Latar Belakang: Pergeseran pola penyakit di masyarakat yang semula didominasi penyakit menular dan infeksi, saat ini telah beralih ke penyakit degeneratif, misalnya dislipidemia yang merupakan salah satu faktor risiko terjadinya penyakit jantung koroner. Pola makan masyarakat yang tinggi lemak dan kolesterol dapat menyebabkan dislipidemia. Buah yang mengandung serat larut air (pektin), dan vitamin C yang tinggi seperti jambu biji dapat digunakan sebagai bahan intervensi hiperkolesterolemik.

Tujuan: Mengetahui pengaruh jambu biji (*psidium Guajava*) terhadap profil lipid pada dewasa dislipidemia Kota Kendari.

Metode Penelitian: Jenis dan desain penelitian quasi eksperimental. Pada kelompok intervensi diberikan jus jambu biji dan olahraga dan kelompok kontrol berupa olahraga. Subyek mengkonsumsi jambu biji dengan dosis 400 mg, sekali sehari dengan volume tiap pemberian 250 ml yang dilakukan selama 30 hari. Sebelum diberikan intervensi tersebut subyek akan diambil darahnya untuk pemeriksaan profil lipid. Jumlah subyek untuk masing-masing kelompok sebesar 33 orang (1:1). Data penelitian yang diambil berupa pengamatan jumlah level lipid darah (mg/dl) yang meliputi *High Density Lipoprotein (HDL)*, *Low Density Lipoprotein (LDL)*, trigliserida (TG) dan kolesterol total (TC) dengan menggunakan metode pemeriksaan standar. Data dianalisis menggunakan uji korelasi *paired t test*.

Hasil: Hasil menunjukkan setelah 4 minggu perlakuan, pemberian jambu biji menurunkan kadar LDL 1x lebih tinggi secara signifikan ($p < 0,05$) pada kelompok intervensi dibandingkan dengan kelompok kontrol. Pada pemeriksaan HDL nampak peningkatan kadar HDL pada kelompok intervensi dibandingkan pada kelompok kontrol tetapi tidak signifikan. Untuk kadar trigliserida dan kolesterol total terjadi penurunan yang signifikan pada kelompok intervensi dibandingkan dengan kelompok kontrol ($p < 0,05$).

Kesimpulan: Pemberian jus jambu biji terbukti mampu menurunkan kadar LDL, trigliserida dan kolesterol total serta dapat meningkatkan kadar HDL.

Kata Kunci: jambu biji (*Psidium guajava*), profil lipid, dislipidemia

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Guava juice effect on lipid profile results in adult dyslipidemia Kendari

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ABSTRACT

Background: The tendency of countries in the world in terms of non-transmitted diseases (NTDs) and the mortality proportion of non-transmitted disease also occurred in Indonesia as indicated by the increasing number of people NTD suferer from 41.7% in 1995 to 59.5% in 2007. Non-transmitted diseases include cardiovascular disease, diabetes and chronic respiratory diseases. According to data from the Health Research (RISKESDAS) in 2013 it was reported coronary heart disease in Southeast Sulawesi which was based on interviews diagnosed by doctors are still high at 0.4% where an average of 0.5% in Indonesia. While the annual report in Kendari city health department in 2014 showed cases of coronary heart disease was ranked first by 60% of the 10 largest non-transmitted diseases suffered by people of Kendari city. One of the plants that have benefits as lowering cholesterol levels in the body are guava (*Psidium guajava*), especially on the part of guava fruit. This relates to the content of secondary metabolites in guava is pectin. So that guava has potential as an anti hypercholesterolemia herbs. Therefore, this study aimed to determine the effect of interventions guava on levels of lipid profiles on adults in Kendari

Aim of study: The aim of this research is to know the influence of guava (*Psidium Guajava*) and sports on the lipid profile in dyslipidemia in Kendari.

Method: Type of of the research was quasi experimental, conducted in november 2015. Where guava juice and exercise intervention were given in the case group and exercise was only given in control groups. Subjects consumed guava juice at a dose of 400 mg once daily with a volume of 250 ml each administration, performed for 30 days. Before interventions, blood samples for lipid profile have analyzed. The number of subjects for each group is 33 people (1:1). The data taken in the study are observations of the amount of blood lipid levels(mg/dl) such as high-density lipoprotein (HDL), low density lipoprotein (LDL), triglycerides (TG) and total cholesterol (TC) using a standard method. Then, data were analyzed by using paired t test correlation test.

Result: Based on the analysis of the results of this study it was concluded that the therapy of fruit juice guava with the dose of 400 mg in the form of 250 ml juice, 1 time a day, for 30 days can be used as an alternative therapy to decrease LDL, triglycerides and total cholesterol and to increase HDL levels in patients with dyslipidemia.

Conclusion: The guava juice is proven to be able to decrease LDL, triglycerides, total cholesterol, and LDL and increase HDL levels.

Keywords: guava (*Psidium guajava*), lipid profile, dyslipidemia, Kendari

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