

## **PENGARUH PEMBERIAN PUDING SUSU KACANG MERAH TERHADAP PENURUNAN KADAR KOLESTEROL TOTAL DAN TEKANAN DARAH PADA KARYAWAN DI PUSKESMAS GAMPING II**

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### **ABSTRAK**

**Latar Belakang :** Hiperkolesterolemia adalah salah satu gangguan kadar lemak dalam darah dimana kadar kolesterol dalam darah lebih dari 200 mg/dl. Hipertensi merupakan peningkatan tekanan darah sistolik lebih dari 140 mmHg dan tekanan darah diastolik lebih dari 90 mmHg. Berdasarkan data Puskesmas Gamping II tahun 2022 prevalensi karyawan dengan hiperkolesterolemia dan atau hipertensi mencapai 44,4%. Zat gizi yang berperan dalam kolesterol total dan tekanan darah yaitu serat. Puding SUKAMER dapat dijadikan sebagai salah satu alternatif dalam menurunkan kolesterol total dan tekanan darah.

**Tujuan Penelitian :** Untuk mengetahui pengaruh pemberian puding SUKAMER terhadap kadar kolesterol total dan tekanan darah sistolik dan diastolik pada karyawan Puskesmas Gamping II.

**Metode Penelitian :** Jenis penelitian ini adalah true experiment dengan rancangan Pretest Posttest with Control Grup Design. Penelitian dilaksanakan pada bulan Maret-April 2023. Populasi penelitian adalah karyawan Puskesmas Gamping II yang menderita hiperkolesterolemia dan atau hipertensi dengan jumlah 16 orang. Variabel bebas yaitu pemberian puding SUKAMER dan variabel terikat yaitu kadar kolesterol total dan tekanan darah sistolik dan diastolik. Untuk mengetahui ada tidaknya pengaruh dianalisis dengan Uji Paired Sample T-Test.

**Hasil Penelitian :** Rata-rata kadar kolesterol total sebelum dan setelah pemberian intervensi pada kelompok perlakuan yaitu 235,8750 mg/dl dan 197,6250 mg/dl. Sedangkan pada kelompok kontrol yaitu 225,2500 mg/dl dan 178,1250 mg/dl. Rata-rata tekanan darah sistolik sebelum dan sesudah pemberian intervensi pada kelompok perlakuan yaitu 137,5000 mmhg dan 118,8750 mmhg. Sedangkan Rata-rata pada kelompok kontrol yaitu 130,0000 mmhg dan 117,7500 mmhg. Rata-rata tekanan darah diastolik sebelum dan sesudah pemberian intervensi pada kelompok perlakuan yaitu 80,0000 mmhg dan 71,7500 mmhg. Sedangkan pada kelompok kontrol yaitu 81,2500 mmhg dan 69,7500 mmhg. Hasil Uji Paired Sample T-Test pada kelompok perlakuan dan kontroln menunjukkan terdapat perbedaan penurunan yang signifikan antara kolesterol total dan tekanan darah ( $p < 0,05$ ).

**Kesimpulan :** Ada pengaruh pemberian puding SUKAMER terhadap penurunan kadar kolesterol total dan tekanan darah sistolik dan diastolik pada karyawan Puskesmas Gamping II.

**Kata Kunci :** Kacang merah, kolesterol total, tekanan darah sistolik, tekanan darah diastolik

## **THE EFFECT OF GIVING RED BEAN MILK PUDDING ON REDUCING TOAL CHOLESTEROL LEVELS AND BLOOD PRESSURE IN EMPLOYEES AT THE GAMPING II HEALTH CENTER**

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### **ABSTRACT**

**Background** : Hypercholesterolemia is a disorder of blood fat levels where cholesterol levels in the blood are more than 200 mg/dl. Hypertension is an increase in systolic blood pressure of more than 140 mmHg and diastolic blood pressure of more than 90 mmHg. Based on data from the Gamping II Health Center in 2022, the prevalence of employees with hypercholesterolemia and/or hypertension reaches 44.4%. The nutrient that plays a role in total cholesterol and blood pressure is fiber. SUKAMER Pudding can be used as an alternative in reducing total cholesterol and blood pressure.

**Research Objective** : To determine the effect of giving SUKAMER pudding on total cholesterol levels and systolic and diastolic blood pressure in Gamping II Health Center employees.

**Research Methods** : This type of research is a true experiment with a Pretest Posttest with Control Group Design. The research was conducted in March-April 2023. The study population was the employees of the Gamping II Public Health Center who suffered from hypercholesterolemia and/or hypertension with a total of 16 people. The independent variable is giving SUKAMER pudding and the dependent variable is total cholesterol levels and systolic and diastolic blood pressure. To find out whether there is influence or not, it is analyzed using the Paired Sample T-Test.

**Result** : The average total cholesterol levels before and after the intervention in the treatment group were 235.8750 mg/dl and 197.6250 mg/dl. While in the control group, namely 225.2500 mg/dl and 178.1250 mg/dl. The average systolic blood pressure before and after the intervention in the treatment group was 137.5000 mmHg and 118.8750 mmHg. While the average in the control group is 130.0000 mmhg and 117.7500 mmhg. The average diastolic blood pressure before and after the intervention in the treatment group was 80.0000 mmHg and 71.7500 mmHg. While in the control group, namely 81.2500 mmhg and 69.7500 mmhg. The results of the Paired Sample T-Test in the treatment and control groups showed that there was a significant difference in the decrease in total cholesterol and blood pressure ( $p < 0.05$ ).

**Conclusion**: There is an effect of giving SUKAMER pudding on reducing total cholesterol levels and systolic and diastolic blood pressure in Gamping II Health Center employees.

**Keywords** : Kidney beans, total cholesterol, systolic blood pressure, diastolic blood pressure