

ABSTRAK

Latar Belakang : Pemeriksaan laboratorium diperlukan untuk menegakan diagnosa suatu penyakit. Pemeriksaan kolesterol total digunakan untuk mengetahui adanya peningkatan kadar kolesterol dalam darah, pemeriksaan dapat dilakukan dengan sampel serum, serum harus segera diperiksa karena stabilitas serum dapat berubah. Serum disimpan pada suhu 20-25°C akan bertahan selama 2 hari.

Tujuan Penelitian : Mengetahui perbedaan kadar kolesterol total pada serum segera diperiksa, disimpan 2 dan 3 hari pada suhu ruang (20-25°C).

Metode Penelitian : Jenis penelitian adalah praeksperimen dengan desain penelitian *one group pretest-posttes design*. Sampel yang digunakan yaitu serum yang berasal dari 15 orang. Sampel serum dipindahkan ke dalam pcr tube dan disimpan pada suhu ruang (20-25°C). Serum dilakukan pemeriksaan segera disimpan 2 hari dan 3 hari pada suhu ruang (20-25°C). Data primer yang diperoleh kemudian dianalisis secara deskriptif dan statistik yang meliputi uji distribusi data serta uji *repeated measures ANOVA*.

Hasil Penelitian : Hasil penelitian menunjukkan bahwa ada perbedaan rerata hasil pemeriksaan serum segera diperiksa, disimpan 2 hari dan 3 hari pada suhu ruang (20-25°C) yaitu 83,2 mg/dL; 99,87 mg/dL; dan 119,47 mg/dL. Hasil uji *repeated measures ANOVA* menunjukkan $p(0,000) < 0,05$ yang berarti bahwa ada perbedaan kadar kolesterol total pada serum segera diperiksa, disimpan 2 hari dan 3 hari pada suhu ruang (20-25°C).

Kesimpulan : Ada perbedaan kadar kolesterol total pada serum segera diperiksa, disimpan 2 hari dan 3 hari pada suhu ruang (20 – 25°C).

Kata Kunci : Kadar kolesterol total, serum, waktu penyimpanan.

ABSTRACT

Background: Laboratory tests are needed to help diagnose a disease. Total cholesterol examination is used to determine an increase in cholesterol levels in the blood, the test can be done with a serum sample, the serum must be checked immediately because the stability of the serum can change. Serum stored at 20-25 °C will last for 2 days.

Research Objective: To determine the difference in total cholesterol levels in serum, immediately checked, stored for 2 and 3 days at room temperature (20-25°C).

Research Methods: This type of research is a pre-experiment with a research *one group pretest-posttest design*. The sample used was serum from 15 people. Serum samples were transferred to a PCR tube and stored at room temperature (20-25°C). Serum was examined immediately stored for 2 days and 3 days at high temperature (20-25°C). The primary data obtained were then analyzed descriptively and statistically including the data distribution test and test *repeated measures ANOVA*.

Results: The results showed that there were differences in the mean results of the examination of the serum immediately checked, stored for 2 days and 3 days at room temperature (20-25°C), namely 83.2 mg / dL; 99.87 mg / dL; and 119.47 mg / dL. The results of the test *repeated measures ANOVA* showed $p (0.000) < 0.05$, which means that there is a difference in total cholesterol levels in the serum, which is checked immediately, stored for 2 days and 3 days at room temperature (20-25°C).

Conclusion: There are differences in total cholesterol levels in the serum checked immediately, stored for 2 days and 3 days at room temperature (20-25 ° C).

Keywords: Total cholesterol, serum, storage time.