

ABSTRAK

Latar Belakang: Pemeriksaan trigliserida merupakan salah satu parameter pemeriksaan laboratorium klinik. Penundaan sentrifugasi kerap terjadi karena banyak faktor. Penyimpanan sampel darah dalam tabung Serum Separator Tube (SST) dalam jangka yang lama dapat memengaruhi kestabilan hasil pemeriksaan laboratorium, termasuk kadar trigliserida. Hal ini terjadi akibat ketidakseimbangan dalam komposisi enzim akibat pengaruh suhu ruang.

Tujuan Penelitian: Mengetahui pengaruh variasi waktu penundaan setrifugasi darah pada tabung *Serum Separator Tube* (SST) terhadap kadar trigliserida.

Metode Penelitian: Jenis penelitian merupakan penelitian *pre-eksperimental* dengan desain *one group pretest posttest*. Populasi dalam penelitian ini adalah mahasiswa semester 6 Prodi Sarjana Terapan Teknologi Laboratorium Medis Poltekkes Kemenkes Yogyakarta dengan jumlah sampel sebanyak 32 sampel. Teknik sampling dengan *simple random sampling*. Jenis data menggunakan data primer dengan instrumen tabel pengumpul data. data dianalisis dengan *Repeated Measure ANOVA*.

Hasil Penelitian: Berdasarkan hasil analisis uji normalitas yang dilakukan didapatkan data berdistribusi normal namun tidak homogen. Uji *Repeated Measure ANOVA* didapatkan nilai *Sig* pada *Greenhouse-Geisser* $(0.000) < 0.05$.

Kesimpulan: Ada pengaruh variasi waktu penundaan darah sebelum sentrifugasi, pada tabung *Serum Separator Tube* (SST) terhadap kadar trigliserida berupa penurunan.

Kata Kunci: Penundaan Sentrifugasi, Kadar Trigliserida , *Serum Separator Tube* (SST)

ABSTRACT

Background: Triglyceride testing is one of the parameters in clinical laboratory examinations. Centrifugation delays often occur due to various factors. Prolonged storage of blood samples in Serum Separator Tubes (SST) can affect the stability of laboratory test results, including triglyceride levels. This occurs due to imbalances in enzyme composition influenced by room temperature.

Research Method: This study is a pre-experimental research with a one-group pretest-posttest design. The population consisted of sixth-semester students of the Applied Bachelor Program in Medical Laboratory Technology, Poltekkes Kemenkes Yogyakarta, with a total of 32 samples. The sampling technique used was simple random sampling. Primary data were collected using a data collection table and analyzed using Repeated Measures ANOVA

Result: Based on the normality test, the data were normally distributed but not homogeneous. The Repeated Measures ANOVA test showed a Greenhouse-Geisser significance value of 0.000 (< 0.05).

Conclusion: There is an effect of varying centrifugation delay times on triglyceride levels in blood samples stored in Serum Separator Tubes (SST), shown as a decrease in triglyceride levels.

Keywords: Centrifugation Delay, Triglyceride Levels, Serum Separator Tube (SST)