

ABSTRAK

Latar Belakang: Kolesterol tinggi merupakan salah satu masalah kesehatan yang banyak dialami oleh lansia, khususnya wanita menopause, karena penurunan hormon estrogen yang berperan dalam mengatur kadar kolesterol. Sari kacang hijau mengandung isoflavon yang memiliki efek menurunkan kadar kolesterol

Tujuan: Untuk mengetahui pengaruh konsumsi sari kacang hijau terhadap kadar kolesterol total pada lansia wanita menopause.

Metode: Penelitian ini merupakan quasi eksperimen dengan rancangan *one group pretest-posttest*. Sampel terdiri dari 32 wanita menopause yang memiliki kadar kolesterol total ≥ 200 mg/dL. Responden diberi sari kacang hijau sebanyak 200 ml dua kali sehari selama 14 hari. Pengukuran kadar kolesterol dilakukan sebelum dan sesudah intervensi menggunakan alat Easy Touch GCU, dan dianalisis dengan uji *paired t-test*.

Hasil: Rata-rata kadar kolesterol total sebelum intervensi adalah 243,97 mg/dL dan setelah intervensi menjadi 216,75 mg/dL. Hasil uji *paired t-test* menunjukkan bahwa penurunan kadar kolesterol total tidak signifikan secara statistik ($p > 0,05$) setelah pemberian sari kacang hijau.

Kesimpulan: Terdapat penurunan kadar kolesterol total setelah pemberian sari kacang hijau, namun tidak signifikan secara statistik ($p > 0,05$).

Kata Kunci: Sari kacang hijau, kolesterol total, isoflavon, wanita menopause, lansia

ABTRACT

Background: High cholesterol is one of the health problems commonly experienced by the elderly, especially menopausal women, due to a decrease in estrogen hormones that play a role in regulating cholesterol levels. Green bean extract contains isoflavones that have a cholesterol-lowering effect.

Objective: To determine the effect of green bean extract consumption on total cholesterol levels in menopausal elderly women.

Method: This study is a quasi-experimental design with a one-group pretest-posttest design. The sample consisted of 32 postmenopausal women with total cholesterol levels ≥ 200 mg/dL. Participants were given 200 ml of green bean extract twice daily for 14 days. Cholesterol levels were measured before and after the intervention using the Easy Touch GCU device and analyzed using a paired t-test.

Results: The average total cholesterol level before the intervention was 243.97 mg/dL and after the intervention it became 216.75 mg/dL. The results of the paired t-test showed that the decrease in total cholesterol levels was not statistically significant ($p > 0.05$) after the administration of green bean extract.

Conclusion: There was a decrease in total cholesterol levels after administration of green bean extract, but it was not statistically significant ($p > 0.05$).

Keywords: Green bean extract, total cholesterol, isoflavones, menopausal women, elderly