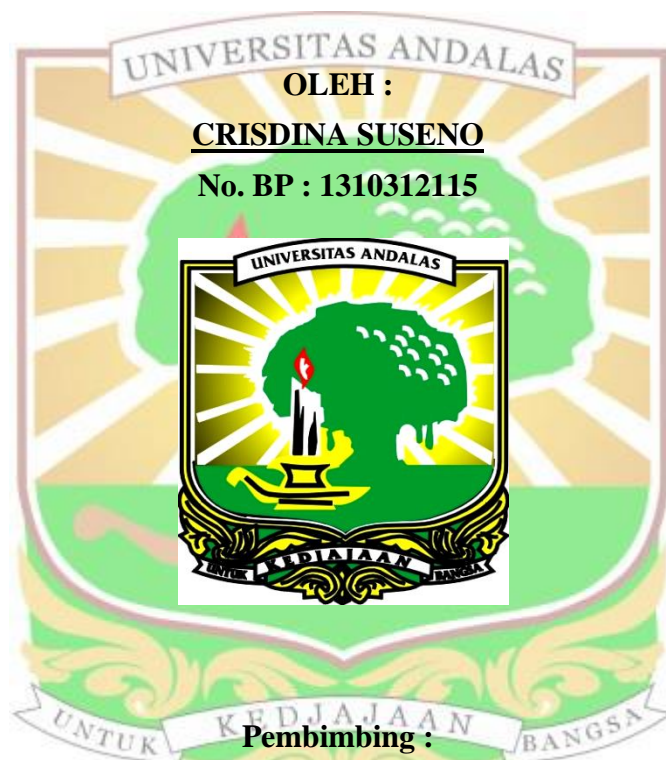


**Pengaruh Probiotik Dadih Terhadap Kadar Kolesterol Darah Total Pada
Tikus Model Hiperkolesterolemia**

SKRIPSI



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DADIH PROBIOTIC REDUCED THE LEVEL OF TOTAL BLOOD CHOLESTEROL IN RAT HYPERCHOLESTEROLEMIA MODEL

By Crisdina Suseno

ABSTRACT

Dadih is one of Indonesia's heritage food from Minangkabau, West Sumatra. This traditional food contains probiotics. The health benefits of dadih probiotic have been proven. We aimed to prove that dadih is beneficial for health by maintaining good concentration of cholesterol in long term period.

An experimental study with randomized post-test only control group design was conducted on 24 mice divided equally into four groups and had been acclimatized for one week. Group K(-) as negative control, group K(+) as positive control were given hypercholesterolemic food for 15 days and the last two groups, PI and PII were given hypercholesterolemic food for 15 days and continued by dadih with concentration 1.87 g/200 gBB and 3.74 g/200 gBB, respectively, for two weeks. Total cholesterol serum was measured by spectrophotometer. One way Anova and post hoc LSD tests in SPSS15 were used to analyze the data. A p-value less than 0.05 was considered significant.

The results showed that there was a reduction in the level of total cholesterol serum after dadih consumption for two weeks. Average levels of total cholesterol serum induced hypercholesterolemia group K(+) is higher than K(-), PI, PII ($p < 0.05$).

This study concluded that dadih probiotics can reduce total cholesterol serum.

Key words: dadih, hypercholesterolemia, probiotics, total cholesterol

PENGARUH PROBIOTIK DADIH TERHADAP KADAR KOLESTEROL DARAH TOTAL PADA TIKUS MODEL HIPERKOLESTEROLEMIA

Oleh Crisdina Suseno

ABSTRAK

Dadih merupakan salah satu produk probiotik asli Sumatera Barat, Indonesia. Konsumsi rutin probiotik dadih dapat menjadi solusi diet dalam mempertahankan kadar kolesterol yang baik dalam periode jangka panjang.

Penelitian ini merupakan *true eksperimental* dengan rancangan *randomized post-test only control group design* yang menggunakan 24 tikus yang terbagi dalam empat kelompok dan telah diaklimatiasi selama seminggu. Kelompok kontrol negatif K(-) hanya diberi pakan minum standar, kelompok kontrol positif K(+) diinduksi hiperkolesterolemia selama 15 hari, dan dua kelompok perlakuan PI dan PII diinduksi hiperkolesterolemia selama 15 hari, dilanjutkan dengan dadih dengan konsentrasi masing masing 1,87 g/200 gBB dan 3,74 g/200 gBB selama 14 hari. Semua tikus diperiksa kadar kolesterol totalnya dengan menggunakan spektrofotometer pada hari ke 30 dan dianalisis menggunakan SPSS 15 dengan uji one way anova. Jika $p < 0,05$ maka dianggap signifikan. Setelah itu dilanjutkan dengan uji post hoc LSD (*Least Significant Difference*).

Hasil penelitian menunjukkan bahwa terjadi penurunan kolesterol setelah mengkonsumsi dadih selama 14 hari. Rata-rata kadar kolesterol total tikus yang diinduksi hiperkolesterolemia K(+) lebih tinggi dibandingkan dengan K(-), PI, dan PII ($p < 0,05$).

Penelitian ini menunjukkan bahwa efek dari pemberian probiotik dadih dapat menurunkan kadar kolesterol serum total.

Kata kunci: dadih, hiperkolesterolemia, kolesterol total, probiotik