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Effect of Laor Administration on Patients With Hypercholesterolemia at Kupa-Kupa Health Center South Tobelo Subdistrict

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ABSTRACT

Background: Hypercholesterolemia is a condition where cholesterol levels in the blood exceed normal limits and are the cause of the risk of coronary heart disease. Laor is rich in amino acid proteins and has a high nutritional value and medicinal value of Sodium (Na) 43,700 mg / kg . This species is abundant in temperate and tropical climates located in the northwestern Pacific region. The purpose of this study was to determine the prevalence of the influence of laor administration in hypercholesterolemia patients. This study was conducted using the Quasy Experimental Design Control Group method, there are two groups in this study, namely the experimental group and the control group , each group is selected randomly or randomly using the pre-test t design and the post-test control group Based on the results of the research conducted, there is an influence of laor administration in hypercholesterolnemia patients as evidenced.and from the mean results there is an influence of laor administration in hypercholesterolnemia patients in the work area of the Kupa-kupa Health Center.

Research Results: the results of the Statistical T test, one sample obtained a p value of 0.002 (< 0.05) meaning that there is a difference in hypercholesterolnemia levels before and after treatment

Conclusion: People will not only use medical drugs but can use a t m to use laor sebagai a method mereduce kadar cholesterol.

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PRELIMINARY

Health is a complete state of physical, mental, and social well-being and not just the absence of illness or weakness. The development of digital-based health technologies has allowed everyone to learn and assess themselves. Various social factors influence health conditions, such as individual behavior, social conditions, genetics and biology, health care, and the physical environment.[1]

Hyper cholesterol is the admin state of blood cholesterol level mele ii thresholds, which is more than 200 mg dl. Hyper cholesterol is a condition when blood cholesterol levels in the body exceed the normal limit of 200 mg dl, the body needs cholesterol to function properly, and all walls or membranes need cholesterol to produce hormones, vitamin D, and bile acids that help digest fats. But all the body needs is a limited amount of cholesterol to meet its needs.[2]

Cholesterol is a substance produced naturally by the liver, but can also be found in animal-derived foods such as meat and milk[3]

Hypercholesterol is a condition when the blood cholesterol in the body exceeds the normal limit which is above 200mg/dl. Excess cholesterol in the blood will result in the availability of fat metabolism which is considered a contributing factor in increasing the risk of disease. 4

WHO in 2018 recorded hyper cholesterol more than 160 million of the world's population has total cholesterol levels of more than 200 mg/dl which is a fairly high category and more than 34 million adult population of americans have total cholesterol levels of more than 240 mg/dl which is intended to be high and requires therapy.developing countries such as indonesia will experience an increase of 137%, while in developed countries it is only 48%. 5

Basic health research data (Riskesdas) in 2018 the national prevalence of high cholesterol in the population aged more than 15 years in Indonesia decreased to 15.8% (men 5.4% and women 9.9%), various factors that cause an increase in cholesterol including lifestyle factors that are not based on a lifestyle, one of which is by preventing the rise of cholesterol. 5

Data according to the north Halmahera district health office in 2022 from January to May the number of cases of cholesterol suffer is 60 cases where at the age of 30 to 45 years who experience vascular disorders such as cholesterol. This is because they pay less attention to their health, especially in consuming food. 6

Based on research, since a person reaches the age of 20 years, the cholesterol levels in his mouth will begin to increase naturally In men, this increase in cholesterol levels will generally continue until it stops when it reaches 50 years. While in women generally cholesterol levels in the body will remain low until the menopause period after reaching the menopause period, cholesterol levels in the woman's body will increase and stop at the age of 50 years as well. Based on a preliminary survey conducted by researchers on June 24, 2022 t,o two of several people with cholesterolemia hyper cholesterol in Wilaya Kerja Puskesmas Kupa-Kupa said that if their cholesterol rises, they usually immediately consume the drugs they have prepared which can be obtained from the results of treatment to the health center, besides that they have not tried to consume Laor to lower cholesterol, from the data that researchers can health care about, about 30 people in the current month in May experienced hypercholesterolemia. 8

So far, people who come to the Puskesmas with hypercholesterolnemia sufferers only consume chemical drugs to overcome without thinking about the side effects of these chemical drugs, therefore

researchers are interesting and try to conduct research on the effect of laor administration in patients with Hypercholesterolnemia 35-50 years in Wilaya Kerja Puskesmas.

Problem Formulation

Based on the background above, the problem that can be formated is whether there is an influence of laor administration in patients with Hypercholesteremia in the Working Area of the Kupa-Kupa Health Center, South Tobelo District.

Research Objectives

1. General Purpose knows the effect of laor administration on patients with Hypercholesterolemia in Wilaya Kerja Puskesmas Kupa-Kupa, South Tobelo District.
2. Special Purpose Knowing the effect of laor administration on patients with Hypercholesterolemia in the Working Area of the Kupa-Kupa Health Center, South Tobelo District.
3. Assessing the effect of laor administration on patients with Hypercholesterolemia in the Working Area of the Kupa-Kupa Health Center, South Tobelo District.

RESEARCH METHODS

1. Types of Research

The type of research used in this study is quantitative research, which is a type of research that produces discoveries that can be achieved (obtained) using statistical procedures orother means of quantification. Where researchers are trying to find the influence of laor with Hypercholesterolnemia patients and using the Quasy Experimental Design Control Group research design, there are two groups in this study, namely the experimental group and the control group , each group is randomly selected using a pre-test t design. and post test control group.

The two groups were previously pre-tested first, then the treatment was given and only the experimental group received treatment, while the control group was not given treatment. After that, both groups were post-tested again.

2. Time and Place of Research

a. Time

This research will be carried out in August 2022.

b. Place

This research will be carried out at the Kupa-kupa Health Center Working Area, South Tobelo District Data Collector Methods

1. Primary Data

   The primary data in this study is data taken from respondents based on the results of measuring cholesterol levels in respondents who will undergo interventionby consuming laor. The tools and sumpin this study are in the form of check list sheets, test kits (GCU), laor or sea worms.
2. Secondary Data

   Secondary data obtained from literature, literature studies, research journals that relate and support research, as well as data obtained from the Working Area of the Kupa-kupa Health Center, South Tobelo District, namely data about the number of cases of Hypercholesterolemnia that often occurexaminations in Kupa-kupa, Tobelo District South.
3. Data Analysis

a. Univariate Analysis

Data analysis is the process of simplifying data into a form that is easier to read and interpret. In this process statistics are carried out, one of whose functions is to simplify large amounts of research data into

simple and easy-to-understand information.

b. Bivariate Analysis
Bivariate analysis is carried out to determine the form of the relationship between the two variables (independent and dependent), and whether the variable has a significant influence or is only a coincidence. The tests used are: Paired T-Test Perform bivariate analysis for independent variables of paired categorical type. Pre-test and post-test measurements. This test was carried out to analyze the effect of labor administration in patients with Hypercholesterolemia. by comparing the values before and after the intervention, with the degree of meaningfulness at P < 0.05.

Discussion
RESEARCH RESULT

A. Results

Based on the results of the examination of Hypercholesterolemia levels in 20 respondents at the Kupa-Kupa South Tobelo Health Center. In this research, it was recorded through observation sheets that cholesterolemia levels were known in each respondent. In Table 3 of the Distribution of Hypercholesterollememia

Frequencies Before being given Laor showed that respondents with moderate cholesterol were 16 people (80.0%) and in respondents n with high cholesterol as many as 4 people (20.0%) while the frequency of hypercholesterolnemia after being given laor experienced changes, namely a decrease in hypercholesterolemia levels with the normal cholesterol category as many as 14 respondents (70.0%) and at least at high cholesterol levels as many as 6 respondents (30.0%).

Based on table 5, it shows that there is a problem with laor administration in hypercholesterolemic patients from the results of the Statistical T test, one sample obtained a p value of 0.002 (< 0.05) meaning that there is a difference in the level of Hypercholesterolemia before and after treatment.

K a re n a laor or sea worm mempun yai kandungan is rich in amino acid proteins and has high nutritional value and medicinal value. This species is widely found in temperate and tropical climates located in the northwestern Pacific area according to Liu et. kolesterol tinggi, dengan meng consumption of laor or sea worms langsung dapat

menurunkan kadar kolesterol. penurunan kadar kolesterol can also be dipengaruhi oleh physical activity dan consumption maka nan yang healthy. Berbeda dengan patient yang not diberikan intervensi, generaln ya tidak member peruvian fish bahan kadar cholesterolemia.

Hal this disebabkan by karena body masih memerlukan intake gizi yang tepat dalam give an perubahan terhadap kadar cholesterol dalam blood. Menur ut Novi penurunan kadar cholesterol on setiap o r ang berbeda.

CONCLUSIONS AND SUGGESTION

A. Conclusion

After being carried out panel it ian Dengan judul the effect of laor administration on hypercholesterolemia patients in the work area of the Kupa-kupa Health Center, South Tobelo District, it can be concluded as follows

1. Before giving laor to hypercholesterolnemia patients respondents with the most categories were found in moderate cholesterol 16 respondents (80.0%) and after sesud ah given laor patients with hypercholesterolnemia experienced a decrease in cholesterol , namely in the normal cholesterol category 14 respondents (70.0) and in high

cholesterol there were 6 respondents (30.0%).

2. There is an influence of laor administration in hypercholesterolnemia patients as evidenced by the results of the Statistical T test, one sample obtained a p value of 0.002 (< 0.05) meaning that there is a difference in the level of Hypercholesterolnemia before and after treatment and from the mean results there is a problem with the administration of laor in hypercholesterolnemia patients in the work area of the Kupa-kupa Health Center.

B. **Suggestion**

Based on the next researcher will be expected that this study will be used as a preliminary reference and can show other factors that can influence the decrease in kelosterol in people with cholesterolemia

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