

ABSTRAK

PERBANDINGAN HASIL PEMERIKSAAN KADAR KOLESTEROL SEGERA DIKERJAKAN DENGAN PENUNDAAN 3 JAM DAN PENUNDAAN 3 HARI

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Kolesterol merupakan bahan pembangun esensial bagi tubuh untuk sintesis zat-zat penting seperti membran sel dan bahan isolasi sekitar serat saraf, begitu pula hormon kelamin, dan anak ginjal, vitamin D, serta asam empedu. Hiperkolesterolemia yang juga sering kali berkaitan dengan banyak penyakit seperti hipertensi, jantung koroner dan stroke menjadi hal yang perlu diwaspadai dan diantisipasi. Data juga menunjukkan bahwa kematian di dunia akibat penyakit kardiovaskuler dengan Riwayat hipertensi dan tingginya kadar kolesterol di dalam tubu adalah 33.10%. Penelitian ini bertujuan untuk mengetahui perbedaan hasil kadar kolesterol dengan waktu pengerjaan sampel serum yang berbeda, dengan pemeriksaan kadar kolesterol segera dikerjakan, penundaan 3 jam dan penundaan 3 hari disuhu kulkas 2–8°C. Metode yang digunakan pada penelitian ini adalah metode penelitian kuantitatif, secara eksperimen murni (*True experimental design*), dengan rancangan design *posttest only control grup design*, metode pengambilan sampel purposive sampling. Berdasarkan penelitian yang telah dilakukan dapat disimpulkan ada perbedaan hasil pemeriksaan kadar kolesterol segera dikerjakan dengan penundaan 3 jam dan penundaan 3 hari disuhu kulkas 2–8°C dengan perolehan rata-rata kadar kolesterol segera, penundaan 3 jam dan penundaan 3 hari masing-masing sebesar 172,98 mg/dL, 157,10 mg/dL, dan 187,63 mg/dL.

Kata kunci : Kolesterol, penundaan, suhu

ABSTRACT

COMPARISON OF RESULTS OF EXAMINATION OF CHOLESTEROL LEVELS CARRIED OUT IMMEDIATELY WITH A DELAY OF 3 HOURS AND A DELAY 3 DAYS

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Cholesterol is an essential building block for the body for the synthesis of important substances such as cell membranes and insulating material around nerve fibers, as well as sex hormones, and kidney, vitamin D, and bile acids. Hypercholesterolemia, which is also often associated with many diseases such as hypertension, coronary heart disease and stroke, is something to be aware of and anticipate. Data also shows that deaths in the world due to cardiovascular disease with a history of hypertension and high cholesterol levels in the body are 33.10%. This study aims to determine the difference in the results of cholesterol levels with different serum sample processing times, with the examination of cholesterol levels immediately done, a 3-hour delay and a 3-day delay in the refrigerator temperature of 2-8°C. The method used in this research is quantitative research method, in pure experiment (True experimental design), with posttest only control group design, purposive sampling method Based on the research that has been done, it can be concluded that there are differences in the results of checking cholesterol levels immediately done with a 3-hour delay and a 3-day delay in the refrigerator temperature of 2-8 ° C with the average acquisition of cholesterol levels immediately, 3-hour delay and 3-day delay of 172.98 mg/dL, 157.10 mg/dL, and 187.63 mg/dL, respectively.

Keywords: *Cholesterol, delay, temperature*

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