

ABSTRACT

THE EFFECT OF GIVING METHANOL EXTRACT OF LAMPUNG KEPOK BANANA PEEL (*Musa acuminata balbisiana colla*) ON TOTAL CHOLESTEROL OF MALE WHITE RATS (*Rattus norvegicus*) Sparague Dawley INDUCED BY HIGH DIET FAT

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Background: Dyslipidemia is a lipid metabolism disorder which is a high risk factor for coronary heart disease. *Musa acuminata balbisiana colla* contains secondary metabolites which are thought to prevention on increasing in cholesterol.

Methods: This research is an experimental study with a post-test only control group design carried out for 30 days using 20 experimental animals, *Rattus norvegicus Sparague dawley*. There were 4 treatment groups, they are KN was only given standard feed, K+ was given quail egg yolk induction, K- was given quail egg yolk induction and simvastatin 10 mg/day, KP was given quail egg yolk induction, respectively, and peel extract of *Musa paradisiaca L.* Then the rats were terminated using ketamine-xylazine and blood drawn through the heart to be checked for cholesterol.

Results: The results of the normality test of saphiro-wilk and levene homogeneity obtained $p > 0.05$. In the one-way anova test, cholesterol levels was 0.007 ($p < 0.05$), which indicated that there were significant differences between groups. The results of the post hoc LSD test on K+ cholesterol were significantly different from KP ($p < 0.05$).

Conclusion: The administration of *Musa acuminata balbisiana colla* peel extract had an effect on preventing the increase in cholesterol levels in rats fed a high-fat diet.

Keywords: Dyslipidemia, *Musa acuminata balbisiana colla*, Saba Bananan Cholesterol.

ABSTRAK

PENGARUH PEMBERIAN EKSTRAK METANOL KULIT PISANG KEPOK LAMPUNG (*Musa acuminata balbisiana colla*) TERHADAP KADAR KOLESTEROL TOTAL PADA TIKUS PUTIH JANTAN (*Rattus norvegicus*) GALUR *Sprague dawley* YANG DIINDUKSI DIET TINGGI LEMAK

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Latar Belakang: Dislipidemia adalah kelainan metabolisme lipid yang menjadi salah satu faktor risiko terjadinya penyakit jantung koroner yang cukup tinggi. *Musa acuminata balbisiana colla* memiliki kandungan senyawa metabolit sekunder yang diduga memiliki efek mencegah peningkatan kolesterol total.

Metode: Penelitian ini berupa eksperimental dengan *posttest only control group design* dilakukan selama 30 hari menggunakan hewan coba *Rattus norvegicus* galur *Sprague dawley* berjumlah 20 ekor. Terdapat 4 kelompok perlakuan, yaitu KN hanya diberikan pakan standar, K+ diberi induksi kuning telur bebek, K- diberi induksi kuning telur bebek dan simvastatin 10 mg/hari, KP yang diberi induksi kuning telur bebek dan ekstrak kulit *Musa acuminata balbisiana colla* Kemudian tikus diterminasi menggunakan *ketamine-xylazine* dan diambil darah melalui jantung untuk diperiksa kolesterol.

Hasil: Hasil uji normalitas *saphiro-wilk* dan homogenitas *levene* mendapatkan hasil $p > 0,05$. Pada uji *one-way anova* kadar kolesterol 0,007 ($p < 0,05$) yang menunjukkan terdapat perbedaan bermakna antar kelompok. Hasil uji *post-hoc* LSD pada kolesterol K+ berbeda bermakna dengan KP ($p < 0,05$).

Kesimpulan: Pemberian Ekstrak kulit *Musa acuminata balbisiana colla* memiliki efek pencegahan peningkatan kadar kolesterol tikus yang diberi diet tinggi lemak.

Kata Kunci: Dislipidemia, *Musa acuminata balbisiana colla*, Pisang Kepok, Kolesterol.