

## **ABSTRACT**

### **DIFFERENCES IN THE LEVELS OF HDL AND LDL BEFORE AND AFTER HEALTHY HEART AEROBIC IN THE ELDERLY IN TRESNA WERDHA BHAKTI YUSWA' SOCIAL SHELTER IN NATAR SOUTH LAMPUNG.**

**By**

**EVI FEBRIANI LUBIS**

Cardiovascular disease is the leading cause of death in the elderly in Indonesia. Dyslipidemia is a risk factor for cardiovascular disease. Prevalence of dyslipidemia in Indonesia is quite high, it can be seen from the results of studies in the elderly in Jakarta on 307 sample, obtained by 44.6% incidence of dyslipidemia. Cardiovascular disease is the leading cause of death in the elderly.

This study aims to differences in the levels of HDL and LDL before and after healthy heart aerobic in the elderly in Tresna Werdha Bhakti Yuswa' Social Shelter in Natar South Lampung. Exercise held for 2 months.

The research method uses an experimental approach (pre test - post test design) and data from the study were statistically tested by paired t test. The study was conducted by 16 elderly. Exercise done twice a week. Before and after exercise for 2 months, the elderly examined blood levels of HDL and LDL.

From the results of this research, the levels of HDL seniors before doing exercise was 48.81 mg / dl and after exercise 50.31 mg / dl with a p-value = 0.013 and with an average increase of 3 % HDL levels. Then the levels of LDL respondents before doing exercise was 106.06 mg / dl and after exercise 103.56 mg / dl with a p-value = 0.009 and with average decrease in LDL cholesterol of 2.4 %. The results showed a significant difference to the levels of HDL and LDL before and after healthy heart aerobic.

The conclusion of this study is the significant difference to the levels of HDL and LDL before and after healthy heart aerobic in the elderly. Researchers suggest to people, especially to the elderly in order to make healthy heart aerobic regularly to reduce the risk of cardiovascular disease.

Keywords: elderly, healthy heart aerobic, HDL (High Density Lipoprotein) and LDL (Low Density Lipoprotein)