

INTISARI

Stroke merupakan penyebab kematian kedua di dunia dan penyebab utama kecacatan. Hiperkolesterolemia termasuk faktor risiko *stroke* yang paling sering muncul. Pemberian edukasi penting dilakukan sebagai upaya pencegahan *stroke*.

Penelitian ini bertujuan mengetahui pengaruh pemberian edukasi terhadap profil kadar kolesterol total, HDL, dan LDL pada populasi Lansia Srikandi, Dusun Burikan dan Buah Apel, Dusun Keboan, Desa Sumberadi, Mlati, Sleman, DIY. Jenis penelitian adalah eksperimental semu dengan rancangan *nonrandomized pretest-posttest intervention with control group design*. Analisis statistik satu kelompok menggunakan uji beda *Paired T-Test* atau *Wilcoxon*, sedangkan untuk kelompok yang berbeda menggunakan *Independent T-Test* atau *Mann-Whitney* dengan taraf kepercayaan 95%. Kriteria inklusi dalam penelitian adalah lansia berusia ≥ 60 tahun yang aktif mengikuti kegiatan posyandu lansia.

Hasil uji signifikansi pada kelompok perlakuan terhadap kadar kolesterol total, HDL, dan LDL berturut-turut adalah 0,08; 0,49; dan 0,21, sedangkan hasil uji signifikansi pengukuran akhir pada kelompok perlakuan dan kontrol terhadap kadar kolesterol total, HDL, dan LDL berturut-turut adalah 0,47; 0,79; dan 0,92. Kesimpulan yang diperoleh adalah pemberian edukasi berupa ceramah yang dilanjutkan edukasi secara personal tidak berpengaruh terhadap kadar kolesterol, LDL, dan HDL yang merupakan faktor risiko *stroke* pada populasi Lansia Srikandi, Dusun Burikan dan Posyandu Lansia Buah Apel, Dusun Keboan, Desa Sumberadi, Mlati, Sleman, DIY.

Kata kunci : *stroke*, lansia, edukasi, kolesterol total, HDL, LDL

ABSTRACT

Stroke is the second death cause in the world and the main physical defect cause. Hypercholesterolemia is one of risk factor of stroke that often happens. Giving the education is important to be conducted as a stroke prevention effort.

This research is aimed to know the effect of giving the education toward total cholesterol, HDL, and LDL concentration profile of population in Posyandu Lansia Srikandi, Dusun Burikan and Posyandu Lansia Buah Apel, Dusun Keboan, Desa Sumberadi, Mlati, Sleman, DIY. This research is quasi experimental with nonrandomized pretest-posttest intervention with control group design. The statistic analysis in one group use the difference test between Paired T-test or Wilcoxon test, meanwhile another group uses Independent T-test or Mann-Whitney with the reliable level of 95%. Inclusive criteria in this research is elderly people ≥ 60 -years-old that are active joining posyandu activities.

The significance test results of intervention group toward total cholesterol, HDL, and LDL concentration continuously are 0,08; 0,49; and 0,21, meanwhile the final measurement of significance test results of both intervention and control group toward total cholesterol, HDL, and LDL concentration continuously are 0,47; 0,79; and 0,92. It can be concluded that giving the education in speech form that is continued by personally education does not effect the total cholesterol, HDL, and LDL concentration that are the stroke risk factors of population in Posyandu Lansia Srikandi, Dusun Burikan and Posyandu Lansia Buah Apel, Dusun Keboan, Desa Sumberadi, Mlati, Sleman, DIY.

Keyword : stroke, elderly people, education, total cholesterol, HDL, LDL