EFFECTIVENESS OF SEMBUNG TREE HONEY ON DECREASING CHOLESTEROL LEVEL IN HYPERCOLESTEROLEMIA

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ABSTRACT

Background: Lifestyle changes, causing an increase in cholesterol. Honey has done a lot of research. The content of flavonoids can lower cholesterol. Many people consume Sembung tree honey, but not much research has been done, including its effectiveness in reducing cholesterol. This study aimed to analyze the effectiveness of sembung tree honey to reduce cholesterol levels in hypercholesterolemia.

Subjects and Method: This was a quasi-experiment with pretest and posttest control group. A sample of 20 hypercholesterolemia sufferers in Kedensari Village was selected by purposive sampling. The dependent variable was hypercholesterolemia. The independent variable was sembung tree honey. The data was analyzed by Wilcoxon.

Results: Cholesterol level after intervention (<240 mg / dL), lower before intervention (> 240 mg / dl), significant value $p = 0.000$. The mean coverage of cholesterol levels after the intervention (Mean = 185.50; SD = 6.05) was lower than that before the intervention (Mean = 247.20; SD = 6.96), it was statistically significant ($p < 0.001$).

Conclusion: Sembung tree honey is effective in reducing cholesterol levels.

Keywords: Sembung tree honey, Hypercholesterolemia

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