

ABSTRAK

FITRILIYANA. 2014. Efek Minuman Probiotik Susu Jagung Terhadap Penderita Hiperkolesterol. Karya Tulis Ilmiah, Program Studi D III Farmasi, Jurusan Farmasi, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I: Robert Tungadi S.Si.,M.Si.,Apt dan Pembimbing II: Nur Ain Thomas, S.Si.,M.Si.,Apt

Di Indonesia, ada beberapa tanaman yang perlu dipertimbangkan sebagai obat kolesterol salah satunya adalah jagung. Penelitian ini bertujuan untuk menentukan efek minuman probiotik susu jagung terhadap penderita hiperkolesterol. Metode penelitian ini adalah penelitian kualitatif menggunakan sampel penderita hiperkolesterol. Minuman probiotik susu jagung dikonsumsi selama satu minggu oleh penderita hiperkolesterol. Setelah itu, dilakukan uji kadar kolesterol dan hasil pengamatan menunjukkan bahwa minuman probiotik susu jagung dapat menurunkan kadar kolesterol. Kesimpulannya, minuman probiotik susu jagung ini memberi efek menurunkan kadar kolesterol terhadap penderita hiperkolesterol.

Kata Kunci : Hiperkolesterol, Susu jagung, probiotik

ABSTRACT

FITRILYANA. 2014. Effect of Maize Milk Probiotic Drinking toward Hypercholesterol Patient. Scientific Writing, Study Program of D III Pharmacy, Department of Pharmacy, Faculty of Health Sciences and Sports, State University of Gorontalo. The principal supervisor was Robert Tungadi S.Si.,M.Si.,Apt and the co-supervisor was Nur Ain Thomas, S.Si.,M.Si.,Apt.

In Indonesia, there are several plants that should be considered as a drug to cure the cholesterol, one of them is maize. This research aimed at determining the effect of maize milk probiotic drinking toward hypercholesterol patient. The method of research was qualitative research. The samples of research were hypercholesterol patients. The maize milk probiotic was consumed for one week by hypercholesterol patient. Then It was tested a cholesterol level test and the research result showed that maize milk probiotic can decrease the level of cholesterol. It can be concluded that, maize milk probiotic give effect to decrease the level of cholesterol toward hypercholesterol patients.

Keywords: Hypercholesterol, Maize Milk, Probiotic

