

EFFECT OF GARLIC TOWARD CHOLESTEROL LEVEL OF ELDERLY AT SUMENGKO VILLAGE, DISTRICT OF GRESIK

Ahmad Kanzul Khoir*, **Yulis Setiya Dewi***, **Erna Dwi Wahyuni***

*Nursing Study Program, Faculty of Nursing Universitas Airlangga

Kampus C Mulyorejo Surabaya 60115 Telp(031)5913752 ,5913754 ,Fax. (031)5913257

Email: Kanzul86@gmail.com

ABSTRACT

Introduction: High cholesterol level is a trigger of degenerative diseases for elder people. Several factors contribute to the increasing cholesterol level, including cholesterol metabolic process, especially cholesterol excretion process. Garlic as a cultivated herbal plant contains several compounds that can reduce cholesterol level such as diallyldisulfide, ajoene and allysin. This study was to analyze the effect of garlic consumption with 10 gram dose (once a day) and 15 gram dose (twice a day) as a comparative of cholesterol's changing level and both may provide different effect for elderly. **Method:** This study used Quasy experiment design and samples were taken from the elderly who have cholesterol level >200mg/dl in Sumengko village District of Gresik. Independent variables was 10 gram dose and 15 gram dose garlic where filtered. The Dependent variable was cholesterol level. The Sampling technique was purposive sampling and patients who are willing to participate totaled 14 people, divided by 7 respondents in the treatment group (10 gram) and 7 respondents in the comparison group (15 gram). **Result:** Statistical result using T-paired test showed that there were a significant effect from consumption 10 gram garlic (once a day) $p=0,01$ but at the same time consumption 15 gram garlic (twice a day) didn't give any different affect to influence of cholesterol level $p=0,26$. The result test which uses Independent Sample Test showed there was no significant differences between treatment group and comparing group in the cholesterol level. There was no significant difference between consumption 10 gram garlic (once a day) and 15 gram garlic (twice a day). **Conclusion:** Nurse may recommend 10 gram garlic consumption as a complementary therapy for hipercholesterolemia treatment. For further study, it is important to explore the various method to serving garlic in order preserve essential component of the garliuc and also may having a better number of participants .

Key words: elderly, garlic, cholesterol level