

ABSTRACT

Erni Hartati, NIM: 1534013, 2019. The Difference of Triglyceride Levels with Fasting Hours of 10 Hours and 12 Hours.

Background: Lipid are used for compounds that are difficult to dissolve in water but in organic solvents such as ethanol, chloroform, acetone, ether, etc. Triglyceride levels can be influenced by food intake. To find out the effect of food intake on triglyceride levels, a study was conducted by giving treatment for 10 hours and 12 hours fasting for the research subjects.

Method: The type of research used is observational. The subjects of the study were 25 triglyceride examinations that met the inclusion and exclusion criteria. Subjects were asked to fast 10 hours, then blood was taken for triglyceride level examination 10 hours later the subjects were asked to fast again 2 hours after taking blood to fulfill the requirement of fasting 12 hours. After 2 hours of fasting all subjects were taken blood and triglyceride levels were examined, then measured triglyceride levels in serum using the GPO-PAP method, using the Biosystem A15 tool. Data were analyzed using Paired T-Test with 95% confidence level.

Results: The average triglyceride level with 10-hour fasting time was 80,173 mg / dL, while triglyceride levels with 12-hour fasting time were 67,100 mg / dL. The results were tested statistically and showed no significant difference ($p = 0.69$) between triglyceride levels and fasting time of 10 hours with triglyceride levels with a duration of fasting of 12 hours.

Conclusion: Based on the results of this study it can be concluded that there were no significant differences in the results of the triglyceride level examination with fasting time of 10 hours and 12 hours with a value (sig 2 tailed) $0.69 > 0.025$.

Keywords: Triglyceride levels, 10 hours fasting time, 12 hours fasting time