

EFFECTIVENESS OF GREEN TEA
FEEDING TO DECREASE
CHOLESTEROLLIN
HIPERCOLESTROL PATIENTS AT
VILLAGE TUNGGAL PAGER
DISTRICT PUNGGING
MOJOKERTO REGENCY

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¹
**EFFECTIVENESS OF GREEN TEA FEEDING TO DECREASE
CHOLESTEROL IN HIPERCOLESTROL PATIENTS AT VILLAGE
TUNGGAL PAGER DISTRICT PUNGGING MOJOKERTO REGENCY**

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Abstract

Cholesterol disease is commonly suffered by obese people but did not rule out skinny people can also experience it. Green tea is one method in the management of cholesterol reduction in non-pharmacology. Green tea has the benefit of lowering cholesterol. The purpose of this researcher to analyze the effectiveness of green tea to decrease cholesterol.

²
The design of this study used pre-experiment with one group pre-test posttest. The population of 21 respondents using non-probability sampling with total sampling technique. The variables of this study were cholesterol first performed cholesterol assessment, independent variables Effectiveness of green tea and dependent variable decreased cholesterol levels.

The results before the green tea were given most of the high cholesterol as many as 13 respondents (61.9%), after being given a green tea for one week most of the cholesterol to 13 respondents (61.9%). The Wilcoxon statistic test obtained a significant value of 0.005 and showed that there was a considerable effect of green tea on cholesterol reduction.

The conclusion from the researchers is there is a significant effect of the effectiveness of green tea on changes in cholesterol levels. Cholesterol treatment performed twice a day morning and night

regularly for one week. This research can also be applied in nursing care on respondents who experienced cholesterol and as well as prevention efforts cholesterol.

Downloads

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