

Aktivitas katalase plasma pada pengidap obesitas dengan riwayat weight cycling yang diberi diet kalori rendah protein tinggi = Plasma catalase activity in obesity subject with weight cycling history on high protein low calories diet

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Abstrak

Latar Belakang: Diet kalori rendah protein tinggi dianggap dapat membantu seseorang dalam menjaga fungsi tubuhnya dibanding diet protein seimbang, khususnya pada orang dengan riwayat weight cycling.

Penelitian bertujuan untuk mengetahui dampak diet kalori rendah protein tinggi terhadap aktivitas katalase.

Metode: Penelitian ini dilakukan dengan menggunakan desain eksperimental dengan sampel tersimpan. 15

Sampel Plasma kelompok protein seimbang dan 14 sampel kelompok protein tinggi diperiksa aktivitas katalasenya kemudian dilakukan uji bivariat uji t tidak berpasangan.

Hasil: Dari hasil perhitungan absorpsi, diketahui bahwa kualitas Plasma tersimpan kurang baik dari banyaknya hasil uji yang menunjukkan aktivitas katalase 0. Dari hasil uji t tes tidak berpasangan didapatkan tidak ada perbedaan pada aktivitas katalase Plasma subjek diet kalori rendah protein tinggi dengan diet kalori rendah protein seimbang, dengan nilai uji $p=0,2275$.

Kesimpulan: Tidak terdapat peningkatan yang signifikan pada diet kalori rendah protein tinggi dibandingkan kontrol. Penelitian sebelumnya memiliki hasil yang berkebalikan.

Background: Low calories high protein is believed to help body keep its function compared to balanced protein.

Objective: The study aimed to know the impact of low calories high protein diet on catalase activity compared to low calories balanced protein on subject with weight cycling obesity.

Methods: The study was conducted by using experimental method on stored sample of previous research. The sample consist of 15 subject of balanced protein group and 14 subjects of high protein group. Catalase activity data were gathered from the sample and from the data, two-samples t-test was conducted to see the difference on catalase activity.

Results: The quality of sample is compromised as there are some sample with 0 catalase activity. From the rest of the sample, two sample t test results in $p=0.2275$, indicating there is no difference on catalase activity between high protein diet and balanced protein diet.

Conclusion: Our research Conclude there is no significant improvement over Plasma catalase in subject on low calories high protein diet compared to control . Previous researches also give conflicting results. Thus, we need further research in this area.