

LAMPIRAN

Lampiran 1. Deskripsi data pengukuran tekanan darah, kadar kolesterol total, kadar trigliserid, kadar HDL, kadar LDL, dan kadar glukosa darah puasa post induksi HFHC

Descriptives						
	Kelompok		Statistic	Std. Error		
TD	SM	Mean	196.0000	1.81659		
		95% Confidence Interval for Mean	Lower Bound	190.9563		
			Upper Bound	201.0437		
		5% Trimmed Mean	196.1111			
		Median	197.0000			
		Variance	16.500			
		Std. Deviation	4.06202			
		Minimum	190.00			
		Maximum	200.00			
		Range	10.00			
		Interquartile Range	7.50			
		Skewness	-.821	.913		
		Kurtosis	-.424	2.000		
			PIY	Mean	197.0000	1.81659
				95% Confidence Interval for Mean	Lower Bound	191.9563
Upper Bound	202.0437					
5% Trimmed Mean	197.2222					
Median	199.0000					
Variance	16.500					
Std. Deviation	4.06202					
Minimum	190.00					
Maximum	200.00					
Range	10.00					
Interquartile Range	6.00					
Skewness	-1.865			.913		
Kurtosis	3.543			2.000		
	POP			Mean	193.8000	1.65529
				95% Confidence Interval for Mean	Lower Bound	189.2042
		Upper Bound	198.3958			
		5% Trimmed Mean	193.7222			
		Median	193.0000			
		Variance	13.700			
		Std. Deviation	3.70135			
		Minimum	190.00			
		Maximum	199.00			
		Range	9.00			
		Interquartile Range	7.00			
		Skewness	.607	.913		
		Kurtosis	-1.174	2.000		

TotalKolesterol	SM	Mean	227.1220	1.69976			
		95% Confidence Interval for Mean	Lower Bound Upper Bound	222.4027 231.8413			
		5% Trimmed Mean		227.0917			
		Median		226.7100			
		Variance		14.446			
		Std. Deviation		3.80079			
		Minimum		222.60			
		Maximum		232.19			
		Range		9.59			
		Interquartile Range		7.19			
		Skewness		.268	.913		
		Kurtosis		-1.148	2.000		
		PIY	PIY	Mean	224.1100	1.61340	
				95% Confidence Interval for Mean	Lower Bound Upper Bound	219.6305 228.5895	
				5% Trimmed Mean		224.0872	
Median				224.6600			
Variance				13.015			
Std. Deviation				3.60768			
Minimum				219.86			
Maximum				228.77			
Range				8.91			
Interquartile Range				6.85			
Skewness				.069	.913		
Kurtosis				-1.504	2.000		
POP	POP			Mean	220.4120	1.15450	
				95% Confidence Interval for Mean	Lower Bound Upper Bound	217.2066 223.6174	
				5% Trimmed Mean		220.3206	
		Median		219.8600			
		Variance		6.664			
		Std. Deviation		2.58154			
		Minimum		217.81			
		Maximum		224.66			
		Range		6.85			
		Interquartile Range		4.11			
		Skewness		1.381	.913		
		Kurtosis		2.522	2.000		
		Triglicerida	SM	Mean	129.1900	1.33006	
				95% Confidence Interval for Mean	Lower Bound Upper Bound	125.4972 132.8828	
				5% Trimmed Mean		129.2528	
Median				130.0400			
Variance				8.845			
Std. Deviation				2.97411			
Minimum				125.09			
Maximum				132.16			
Range				7.07			
Interquartile Range				5.66			
Skewness				-.607	.913		

		Kurtosis		-1.572	2.000	
PIY		Mean		127.6320	.79305	
		95% Confidence Interval for Mean	Lower Bound	125.4301		
			Upper Bound	129.8339		
		5% Trimmed Mean		127.6789		
		Median		128.6200		
		Variance		3.145		
		Std. Deviation		1.77332		
		Minimum		125.09		
		Maximum		129.33		
		Range		4.24		
		Interquartile Range		3.18		
		Skewness		-.826	.913	
		Kurtosis		-1.223	2.000	
	POP		Mean		128.2000	.65616
		95% Confidence Interval for Mean	Lower Bound	126.3782		
			Upper Bound	130.0218		
		5% Trimmed Mean		128.1922		
		Median		127.9200		
		Variance		2.153		
		Std. Deviation		1.46723		
		Minimum		126.50		
		Maximum		130.04		
		Range		3.54		
		Interquartile Range		2.83		
		Skewness		.233	.913	
		Kurtosis		-1.955	2.000	
HDL		SM	Mean		26.2580	.63061
	95% Confidence Interval for Mean		Lower Bound	24.5072		
			Upper Bound	28.0088		
	5% Trimmed Mean			26.2656		
	Median			26.5300		
	Variance			1.988		
	Std. Deviation			1.41008		
	Minimum			24.49		
	Maximum			27.89		
	Range			3.40		
	Interquartile Range			2.72		
	Skewness			-.236	.913	
			Kurtosis		-1.963	2.000
	PIY			Mean		24.7620
		95% Confidence Interval for Mean	Lower Bound	23.3492		
			Upper Bound	26.1748		
		5% Trimmed Mean		24.7167		
		Median		24.4900		
		Variance		1.295		
		Std. Deviation		1.13786		
		Minimum		23.81		
		Maximum		26.53		
		Range		2.72		
	Interquartile Range		2.04			

		Skewness	1.089	.913
		Kurtosis	.536	2.000
POP		Mean	25.8500	.68000
		95% Confidence Interval for Mean	Lower Bound 23.9620 Upper Bound 27.7380	
		5% Trimmed Mean	25.8500	
		Median	25.8500	
		Variance	2.312	
		Std. Deviation	1.52053	
		Minimum	23.81	
		Maximum	27.89	
		Range	4.08	
		Interquartile Range	2.72	
		Skewness	.000	.913
		Kurtosis	.200	2.000
LDL	SM	Mean	75.7080	.46916
		95% Confidence Interval for Mean	Lower Bound 74.4054 Upper Bound 77.0106	
		5% Trimmed Mean	75.7383	
		Median	76.1200	
		Variance	1.101	
		Std. Deviation	1.04908	
		Minimum	74.05	
		Maximum	76.82	
		Range	2.77	
		Interquartile Range	1.73	
		Skewness	-1.106	.913
		Kurtosis	1.442	2.000
	PIY	Mean	76.2620	.83033
		95% Confidence Interval for Mean	Lower Bound 73.9566 Upper Bound 78.5674	
		5% Trimmed Mean	76.2772	
		Median	75.4300	
		Variance	3.447	
		Std. Deviation	1.85668	
		Minimum	74.05	
		Maximum	78.20	
		Range	4.15	
		Interquartile Range	3.46	
		Skewness	.168	.913
		Kurtosis	-2.413	2.000
	POP	Mean	76.9540	.88574
		95% Confidence Interval for Mean	Lower Bound 74.4948 Upper Bound 79.4132	
		5% Trimmed Mean	76.9311	
		Median	76.8200	
		Variance	3.923	
		Std. Deviation	1.98058	
		Minimum	74.74	
		Maximum	79.58	
		Range	4.84	

		Interquartile Range	3.80			
		Skewness	.303	.913		
		Kurtosis	-1.551	2.000		
Glukosa	SM	Mean	180.5220	2.90027		
		95% Confidence Interval for Mean	Lower Bound 172.4696 Upper Bound 188.5744			
		5% Trimmed Mean	180.4722			
		Median	179.8500			
		Variance	42.058			
		Std. Deviation	6.48520			
		Minimum	173.88			
		Maximum	188.06			
		Range	14.18			
		Interquartile Range	12.87			
		Skewness	.172	.913		
		Kurtosis	-2.762	2.000		
			PIY	Mean	181.1200	2.56041
				95% Confidence Interval for Mean	Lower Bound 174.0112 Upper Bound 188.2288	
				5% Trimmed Mean	181.0328	
		Median	180.6000			
		Variance	32.779			
		Std. Deviation	5.72526			
		Minimum	175.00			
		Maximum	188.81			
		Range	13.81			
		Interquartile Range	11.01			
		Skewness	.382	.913		
		Kurtosis	-1.574	2.000		
	POP	Mean	179.8480	.45683		
		95% Confidence Interval for Mean	Lower Bound 178.5796 Upper Bound 181.1164			
		5% Trimmed Mean	179.8272			
		Median	179.8500			
		Variance	1.043			
		Std. Deviation	1.02150			
		Minimum	178.73			
		Maximum	181.34			
		Range	2.61			
		Interquartile Range	1.87			
		Skewness	.609	.913		
		Kurtosis	-.136	2.000		

Lampiran 2. Hasil Analisa Normalitas distribusi data dan homogenitas varian data rerata tekanan darah, kadar kolesterol total, kadar trigliserid, kadar HDL, kadar LDL, dan kadar glukosa darah puasa post induksi HFHC dengan uji *Shapiro Wilk* dan *Levene Test*

Tests of Normality							
	kelompok	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	Df	Sig.
Tekanandarah	SM	,197	5	,200*	,934	5	,627
	PIY	,300	5	,161	,770	5	,045
	POP	,186	5	,200*	,943	5	,687
Totalkolesterol	SM	,143	5	,200*	,981	5	,941
	PIY	,188	5	,200*	,963	5	,828
	POP	,279	5	,200*	,895	5	,381
Trigliserid	SM	,212	5	,200*	,925	5	,566
	PIY	,311	5	,128	,881	5	,316
	POP	,179	5	,200*	,953	5	,758
HDL	SM	,180	5	,200*	,952	5	,754
	PIY	,201	5	,200*	,881	5	,314
	POP	,127	5	,200*	,999	5	1,000
LDL	SM	,253	5	,200*	,916	5	,502
	PIY	,273	5	,200*	,852	5	,200
	POP	,179	5	,200*	,962	5	,823
Glukosa	SM	,218	5	,200*	,887	5	,342
	PIY	,191	5	,200*	,950	5	,737
	POP	,168	5	,200*	,963	5	,830

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
TD	Based on Mean	.046	2	12	.955
	Based on Median	.055	2	12	.947
	Based on Median and with adjusted df	.055	2	9.675	.947
	Based on trimmed mean	.049	2	12	.953
TotalKolesterol	Based on Mean	.727	2	12	.504
	Based on Median	.572	2	12	.579
	Based on Median and with adjusted df	.572	2	11.947	.579
	Based on trimmed mean	.740	2	12	.498
Trigliserida	Based on Mean	2.792	2	12	.101
	Based on Median	.897	2	12	.433
	Based on Median and with adjusted df	.897	2	9.388	.440
	Based on trimmed mean	2.611	2	12	.114
HDL	Based on Mean	.202	2	12	.820
	Based on Median	.186	2	12	.833
	Based on Median and with adjusted df	.186	2	11.611	.833

	Based on trimmed mean	.212	2	12	.812
LDL	Based on Mean	1.749	2	12	.215
	Based on Median	.806	2	12	.469
	Based on Median and with adjusted df	.806	2	10.248	.473
	Based on trimmed mean	1.753	2	12	.215
Glukosa	Based on Mean	5.927	2	12	.016
	Based on Median	4.450	2	12	.036
	Based on Median and with adjusted df	4.450	2	8.290	.049
	Based on trimmed mean	5.751	2	12	.018



Lampiran 3. Hasil analisa deskriptif dan signifikasi perbedaan rerata kadar kolesterol total, kadar trigliserid, kadar HDL, kadar LDL, dan kadar glukosa darah puasa post induksi HFHC menggunakan uji *one way anova* dan tekanan darah post induksi HFHC menggunakan *Kruskal Wallis*

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Tekanan darah	Between Groups	26,800	2	13,400	,861	,447
	Within Groups	186,800	12	15,567		
	Total	213,600	14			
Total kolesterol	Between Groups	112,952	2	56,476	4,965	,027
	Within Groups	136,503	12	11,375		
	Total	249,455	14			
Trigliserid	Between Groups	6,217	2	3,108	,659	,535
	Within Groups	56,571	12	4,714		
	Total	62,788	14			
HDL	Between Groups	5,980	2	2,990	1,603	,241
	Within Groups	22,380	12	1,865		
	Total	28,361	14			
LDL	Between Groups	3,897	2	1,949	,690	,520
	Within Groups	33,882	12	2,824		
	Total	37,779	14			
Glukosa	Between Groups	4,050	2	2,025	,080	,924
	Within Groups	303,519	12	25,293		
	Total	307,569	14			

Test Statistics^{a,b}

	Tekanan darah
Chi-Square	1,858
df	2
Asymp. Sig.	,395

a. Kruskal Wallis Test

b. Grouping Variable:
kelompok

Lampiran 4. Deskripsi data pengukuran kadar kolesterol total dan kadar trigliserid setelah dilakukan setelah perlakuan

		Descriptives		Statistic	Std. Error		
	Kelompok						
Trigliserid	kontrol	Mean		79,8320	,86279		
		95% Confidence Interval for Mean	Lower Bound	77,4365			
			Upper Bound	82,2275			
		5% Trimmed Mean		79,7761			
		Median		79,5000			
		Variance		3,722			
		Std. Deviation		1,92927			
		Minimum		77,82			
		Maximum		82,85			
		Range		5,03			
		Interquartile Range		3,35			
		Skewness		1,034	,913		
		Kurtosis		1,141	2,000		
		sm		Mean		131,3820	1,32247
				95% Confidence Interval for Mean	Lower Bound	127,7102	
	Upper Bound			135,0538			
5% Trimmed Mean				131,4283			
Median				132,2200			
Variance				8,745			
Std. Deviation				2,95712			
Minimum				127,20			
Maximum				134,73			
Range				7,53			
Interquartile Range				5,43			
Skewness				-,565	,913		
Kurtosis				-,684	2,000		
piy				Mean		89,0360	1,14121
				95% Confidence Interval for Mean	Lower Bound	85,8675	
			Upper Bound	92,2045			
		5% Trimmed Mean		89,0267			
		Median		88,7000			
		Variance		6,512			
		Std. Deviation		2,55182			
		Minimum		86,19			
		Maximum		92,05			
		Range		5,86			
		Interquartile Range		5,02			
		Skewness		,163	,913		
		Kurtosis		-2,497	2,000		
		pop		Mean		95,5640	1,03855
				95% Confidence Interval for Mean	Lower Bound	92,6805	
	Upper Bound			98,4475			
5% Trimmed Mean				95,6289			
Median				96,2300			
Variance				5,393			
Std. Deviation				2,32226			

		Minimum	92,05	
		Maximum	97,91	
		Range	5,86	
		Interquartile Range	4,18	
		Skewness	-,924	,913
		Kurtosis	,129	2,000
TotalChole	kontrol	Mean	92,3280	,86033
sterol		95% Confidence Interval for	Lower Bound	89,9393
		Mean	Upper Bound	94,7167
		5% Trimmed Mean	92,2722	
		Median	92,4700	
		Variance	3,701	
		Std. Deviation	1,92376	
		Minimum	90,32	
		Maximum	95,34	
		Range	5,02	
		Interquartile Range	3,22	
		Skewness	1,001	,913
		Kurtosis	1,246	2,000
	sm	Mean	229,1040	1,90526
		95% Confidence Interval for	Lower Bound	223,8141
		Mean	Upper Bound	234,3939
		5% Trimmed Mean	229,0322	
		Median	229,3900	
		Variance	18,150	
		Std. Deviation	4,26029	
		Minimum	224,37	
		Maximum	235,13	
		Range	10,76	
		Interquartile Range	7,88	
		Skewness	,442	,913
		Kurtosis	-,611	2,000
	piy	Mean	101,3640	,66544
		95% Confidence Interval for	Lower Bound	99,5165
		Mean	Upper Bound	103,2115
		5% Trimmed Mean	101,3561	
		Median	101,0800	
		Variance	2,214	
		Std. Deviation	1,48796	
		Minimum	99,64	
		Maximum	103,23	
		Range	3,59	
		Interquartile Range	2,87	
		Skewness	,233	,913
		Kurtosis	-1,955	2,000
	pop	Mean	108,2420	1,30134
		95% Confidence Interval for	Lower Bound	104,6289
		Mean	Upper Bound	111,8551
		5% Trimmed Mean	108,2022	
		Median	108,2400	
		Variance	8,467	

		Std. Deviation	2,90988	
		Minimum	104,66	
		Maximum	112,54	
		Range	7,88	
		Interquartile Range	5,02	
		Skewness	,522	,913
		Kurtosis	,898	2,000
BB	kontrol	Mean	208,60	2,315
		95% Confidence Interval for Mean	Lower Bound Upper Bound	202,17 215,03
		5% Trimmed Mean	208,83	
		Median	210,00	
		Variance	26,800	
		Std. Deviation	5,177	
		Minimum	200	
		Maximum	213	
		Range	13	
		Interquartile Range	9	
		Skewness	-1,529	,913
		Kurtosis	2,412	2,000
	sm	Mean	248,80	1,562
		95% Confidence Interval for Mean	Lower Bound Upper Bound	244,46 253,14
		5% Trimmed Mean	248,83	
		Median	249,00	
		Variance	12,200	
		Std. Deviation	3,493	
		Minimum	244	
		Maximum	253	
		Range	9	
		Interquartile Range	7	
		Skewness	-,310	,913
		Kurtosis	-,644	2,000
	piy	Mean	224,60	1,568
		95% Confidence Interval for Mean	Lower Bound Upper Bound	220,25 228,95
		5% Trimmed Mean	224,56	
		Median	226,00	
		Variance	12,300	
		Std. Deviation	3,507	
		Minimum	221	
		Maximum	229	
		Range	8	
		Interquartile Range	7	
		Skewness	-,025	,913
		Kurtosis	-2,064	2,000
	pop	Mean	226,80	1,881
		95% Confidence Interval for Mean	Lower Bound Upper Bound	221,58 232,02
		5% Trimmed Mean	226,89	
		Median	228,00	

Variance	17,700	
Std. Deviation	4,207	
Minimum	221	
Maximum	231	
Range	10	
Interquartile Range	8	
Skewness	-,607	,913
Kurtosis	-1,571	2,000



Lampiran 5. Hasil Analisa normalitas distribusi data dan homogenitas varian data rerata kadar kolesterol total dan kadar trigliserid setelah perlakuan dengan uji Shapiro Wilk dan Levene Test

	Kelompok	Tests of Normality			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Trigliserid	kontrol	,198	5	,200*	,943	5	,685
	sm	,212	5	,200*	,965	5	,845
	piy	,203	5	,200*	,923	5	,551
	pop	,213	5	,200*	,939	5	,659
TotalCholesterol	kontrol	,271	5	,200*	,916	5	,502
	sm	,180	5	,200*	,963	5	,828
	piy	,179	5	,200*	,953	5	,758
	pop	,203	5	,200*	,978	5	,925
BB	kontrol	,254	5	,200*	,861	5	,231
	sm	,136	5	,200*	,989	5	,976
	piy	,255	5	,200*	,865	5	,247
	pop	,212	5	,200*	,925	5	,566

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

Test of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
Trigliserid	Based on Mean	,571	3	16	,642
	Based on Median	,292	3	16	,831
	Based on Median and with adjusted df	,292	3	14,108	,831
	Based on trimmed mean	,560	3	16	,649
TotalCholesterol	Based on Mean	1,598	3	16	,229
	Based on Median	1,453	3	16	,265
	Based on Median and with adjusted df	1,453	3	10,966	,281
	Based on trimmed mean	1,641	3	16	,219

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Lampiran 6. Hasil analisa deskriptif dan signifikasi perbedaan rerata kadar kolesterol total dan trigliserid dengan uji *one way anova* dan *Pos Hoc LSD*

		ANOVA				
		Sum of Squares	df	Mean Square	F	Sig.
Trigliserid	Between Groups	7635,424	3	2545,141	417,728	,000
	Within Groups	97,485	16	6,093		
	Total	7732,910	19			
TotalCholesterol	Between Groups	62518,770	3	20839,590	2562,318	,000
	Within Groups	130,130	16	8,133		
	Total	62648,900	19			

Dependent Variable	(I) Kelompok	(J) Kelompok	Difference (I-J)	Std. Error	Sig.	Lower Bound	Upper Bound
Trigliserid	kontrol	sm	-51,55000*	1,56113	,000	-54,8594	-48,2406
		piy	-9,20400*	1,56113	,000	-12,5134	-5,8946
		pop	-15,73200*	1,56113	,000	-19,0414	-12,4226
	sm	kontrol	51,55000*	1,56113	,000	48,2406	54,8594
		piy	42,34600*	1,56113	,000	39,0366	45,6554
		pop	35,81800*	1,56113	,000	32,5086	39,1274
	piy	kontrol	9,20400*	1,56113	,000	5,8946	12,5134
		sm	-42,34600*	1,56113	,000	-45,6554	-39,0366
		pop	-6,52800*	1,56113	,001	-9,8374	-3,2186
	pop	kontrol	15,73200*	1,56113	,000	12,4226	19,0414
		sm	-35,81800*	1,56113	,000	-39,1274	-32,5086
		piy	6,52800*	1,56113	,001	3,2186	9,8374
TotalCholesterol	kontrol	sm	-136,77600*	1,80367	,000	-140,5996	-132,9524
		piy	-9,03600*	1,80367	,000	-12,8596	-5,2124
		pop	-15,91400*	1,80367	,000	-19,7376	-12,0904
	sm	kontrol	136,77600*	1,80367	,000	132,9524	140,5996
		piy	127,74000*	1,80367	,000	123,9164	131,5636
		pop	120,86200*	1,80367	,000	117,0384	124,6856
	piy	kontrol	9,03600*	1,80367	,000	5,2124	12,8596
		sm	-127,74000*	1,80367	,000	-131,5636	-123,9164
		pop	-6,87800*	1,80367	,002	-10,7016	-3,0544
	pop	kontrol	15,91400*	1,80367	,000	12,0904	19,7376
		sm	-120,86200*	1,80367	,000	-124,6856	-117,0384
		piy	6,87800*	1,80367	,002	3,0544	10,7016

Lampiran 7. Ethical Clearance

**KOMISI BIOETIKA PENELITIAN KEDOKTERAN/KESEHATAN
FAKULTAS KEDOKTERAN
UNIVERSITAS ISLAM SULTAN AGUNG SEMARANG**

Sekretariat : Gedung C Lantai I Fakultas Kedokteran Unissula
Jl. Raya Kaligawe Km 4 Semarang, Telp. 024-6583584, Fax 024-6594366

Ethical Clearance

No. 267/VIII/2020/Komisi Bioetik

Komisi Bioetika Penelitian Kedokteran/Kesehatan Fakultas Kedokteran Universitas Islam Sultan Agung Semarang, setelah melakukan pengkajian atas usulan penelitian yang berjudul :

**PENGARUH OKRA UNGU (*Abelmoschus esculentus* (L.) Moench)
TERHADAP KADAR TOTAL KOLESTEROL DAN TRIGLISERID TIKUS DENGAN
SINDROM METABOLIK**

Peneliti Utama : Safira Risqiana
Pembimbing : dr. Nurina Tyagita, M.Biomed
Azizah Hikmah Safitri, S.Si, M.Si
Tempat Penelitian : Laboratorium Pusat Studi Pangan dan Gizi (PSPG) Universitas Gajah
Mada Yogyakarta

dengan ini menyatakan bahwa usulan penelitian diatas telah memenuhi prasyarat etik penelitian. Oleh karena itu Komisi Bioetika merekomendasikan agar penelitian ini dapat dilaksanakan dengan mempertimbangkan prinsip-prinsip yang dinyatakan dalam Deklarasi Helsinki dan panduan yang tertuang dalam Pedoman Nasional Etik Penelitian Kesehatan (PNEPK) Departemen Kesehatan RI tahun 2004.

Semarang, 15 Agustus 2020

Komisi Bioetika Penelitian Kedokteran/Kesehatan
Fakultas Kedokteran Unissula

Ketua,

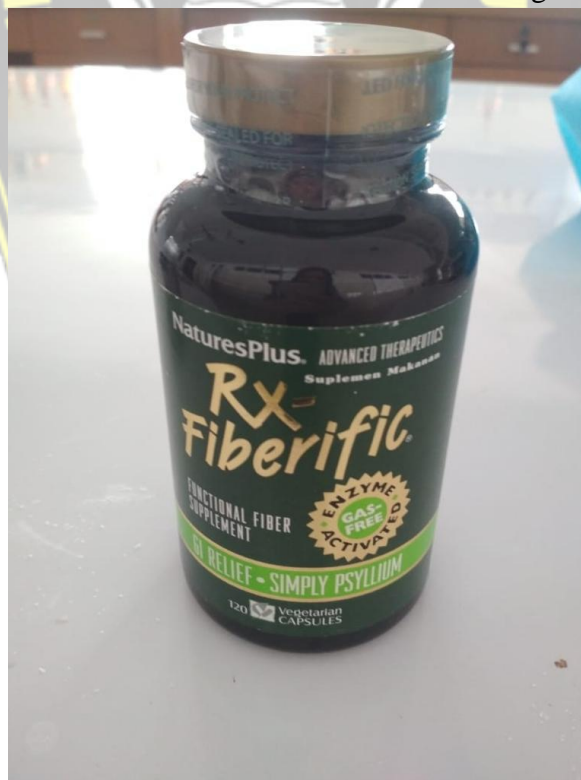


(dr. Sofwan Dahlan, Sp.F(K))

Lampiran 8. Dokumentasi Penelitian



Gambar 5.1 Pembuatan bubuk okra ungu



Gambar 5.2 *Psyllium Rx-Fiberific*



Gambar 5.3 Pengukuran Berat Badan tikus



Gambar 5.3 Pemberian okra ungu dan HFHC



Gambar 5.4 Pemberian diet pakan standar



Gambar 5.5 Pengambilan darah melalui vena orbita