ABSTRACT

THE EFFECT OF CONSUMPTION KEMUNING'S LEAF (*Murraya paniculata* (L.) Jack) INFUSE TO REDUCE BODY MASS INDEX, WAIST CIRCUMFERENCE AND PELVIS CIRCUMFERENCE ON OBESE PATIENTS

By

M MARLIANDO SATRIA PANGESTU CATUR

Background: Determining the classification of obesity can be determined by measuring the body mass index (BMI), waist circumference or pelvis circumference. Consumption of herbal drugs have excess minimal side effects than chemical drugs. Examples of herbs used for weight loss is kemuning leaves (*Murraya paniculata* (L.) Jack) infuse. The purpose of this study was to determine differences in BMI, pelvic circumference, waist circumference and pelvic waist circumference ratio (waist pelvis ratio) before and after administration of kemuning leaves infuse in obese patients.

Methods: The method is quasi experimental with by one group before and after design. Population in this study was all obesity employees in University of Lampung. There were 17 sample taken from population with consecutive sampling technique.

Result: The result showed the mean BMI was 30.33 ± 4.61 kg/m^2 and 29.67 ± 4.29 kg / m^2, pelvic circumference 110.41 ± 10.65 cm and 109.24 ± 9.36 cm, waist circumference 94.65 ± 10.04 cm and 96.06 ± 9.90 cm, and waist pelvis ratio of 1.17 ± 0.07 and 1.14 ± 0.06 before and after administration of kemuning leaves infuse for 15 days.

Conclusion: It is concluded that there are differences between the mean BMI and waist pelvis ratio before and after giving kemuning leaves infuse ($p=0.006$) and ($p=0.037$), there are no differences between the mean pelvis circumference and waist circumference before and after giving kemuning leaves infuse ($p=0.194$) and ($p=0.278$) in obese patients at the University of Lampung.

Keywords: Body mass index, kemuning leaves, pelvic circumference, pelvic waist circumference ratio, waist circumference

ABSTRAK

PENGARUH KONSUMSI INFUSA DAUN KEMUNING (*Murraya paniculata* (L.) Jack) TERHADAP PENURUNAN INDEKS MASSA TUBUH, LINGKAR PANGGUL DAN LINGKAR PINGGANG PADA PASIEN OBESITAS

Oleh

M MARLIANDO SATRIA PANGESTU CATUR

Latar Belakang: Penentuan klasifikasi obesitas dapat ditentukan melalui pengukuran indeks massa tubuh (IMT), lingkar pinggang atau lingkar panggul. Konsumsi tumbuhan herbal memiliki kelebihan efek samping minimal dibanding obat kimia. Contoh tumbuhan herbal yang digunakan untuk penurunan berat badan adalah infusa daun kemuning (*Murraya paniculata* (L.) Jack). Tujuan dari penelitian ini adalah untuk mengetahui perbedaan IMT, lingkar panggul, lingkar pinggang dan rasio lingkar panggul pinggang (RLPP) sebelum dan sesudah pemberian infusa daun kemuning pada pasien obesitas.

Metode Penelitian: Metode penelitian ini adalah quasi eksperimental dengan rancangan *one group before and after*. Populasi penelitian adalah seluruh karyawati obesitas di Universitas Lampung dan sampel penelitian berjumlah 17 orang yang diambil dengan menggunakan teknik *consecutive sampling*.

Hasil Penelitian: Hasil penelitian didapatkan rerata IMT adalah $30,33 \pm 4,61$ kg/m^2 dan $29,67 \pm 4,29$ kg/m^2, lingkar panggul $110,41 \pm 10,65$ cm dan $109,24 \pm 9,36$ cm, lingkar pinggang $94,65 \pm 10,04$ cm dan $96,06 \pm 9,90$ cm, dan RLPP $1,17 \pm 0,07$ dan $1,14 \pm 0,06$ sebelum dan sesudah pemberian infusa daun kemuning selama 15 hari.

Simpulan Penelitian: Simpulan penelitian ini adalah terdapat penurunan bermakna rerata IMT dan RLPP pemberian infusa daun kemuning (p=0,006) dan (p=0,037), tidak terdapat penurunan bermakna rerata lingkar panggul dan lingkar pinggang sesudah pemberian infusa daun kemuning (p=0,194) dan (p=0,278) pada pasien obesitas di Universitas Lampung.

Kata kunci: Daun kemuning, indeks massa tubuh, lingkar panggul, lingkar pinggang, rasio lingkar panggul pinggang