

## ABSTRACT

### THE EFFECT OF GIVING KEPOK BANANA PEEL (*Musa acuminata*) TOWARD TOTAL CHOLESTEROL LEVEL ON MALE MICE (*Mus musculus L.*) STRAIN *DEUTSCHLAND-DENKEN-YOKEN* (ddY) OBESE

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**Background:** Obesity is excess of weight due to accumulation of fat which can cause dyslipidemia. One of dyslipidemia sign is increasing of total cholesterol level. The antioxidants components within kepok banana peel are predicted could decrease total cholesterol level. This experiment has an aim to know the effect of giving kepok banana peel toward total cholesterol level of obese mice.

**Methods:** This study was a true experimental using 20 obese male mice (*Mus musculus L.*) strain *Deutschland-Denken-Yoken* (ddY) and were divided by four groups, which are normal control group (K1), obese control group (K2), and groups that were given kepok banana peel treatment with dose 8,4 mg/day (KP1) and 16,8 mg/day (KP2). Total cholesterol level of each group was measured by spectrophotometer. The result from measurement were processed by statistical data processor application with 5% and confidence interval 95%.

**Result:** The results were analyzed using Shapiro-Wilk normality test and Levene homogeneity test which showed the data was normally distributed and the variance was homogeneous. After that, followed by One-Way ANOVA analysis test and the results obtained  $p=0,000$ . Furthermore, in the Post Hoc Test generally found that there was significant differences between groups.

**Conclusion:** There is effect of giving kepok banana peel toward total cholesterol level of obese mice.

Keywords: Dyslipidemia, Kepok Banana Peel, Obesity

## ABSTRAK

### **PENGARUH PEMBERIAN EKSTRAK KULIT PISANG KEPOK (*Musa acuminata*) TERHADAP KADAR KOLESTEROL TOTAL MENCIT (*Mus musculus L.*) JANTAN GALUR *DEUTSCHLAND-DENKEN-YOKEN* (ddY) OBESITAS**

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**Latar belakang:** Obesitas merupakan kelebihan berat badan akibat penimbunan lemak yang dapat memicu terjadinya kondisi dislipidemia. Salah satu tanda adanya dislipidemia adalah tingginya kadar kolesterol total. Kandungan antioksidan dalam kulit pisang kepok diprediksi dapat menurunkan kadar kolesterol total. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian ekstrak kulit pisang kepok terhadap kadar kolesterol total mencit obesitas.

**Metode:** Penelitian ini merupakan penelitian eksperimental dengan menggunakan 20 ekor mencit (*Mus musculus L.*) jantan galur *Deutschland-Denken-Yoken* (ddY) obesitas yang terbagi dalam empat kelompok, yaitu kelompok kontrol normal (K1), kelompok kontrol obesitas (K2), dan kelompok perlakuan pemberian ekstrak kulit pisang kepok 8,4 mg/hari (KP1) dan 16,8 mg/hari (KP2). Kadar kolesterol total tiap kelompok diukur menggunakan spektrofotometer. Data hasil pengukuran diolah menggunakan aplikasi pengolah data statistik dengan nilai 5% dan *confidence interval* 95%.

**Hasil:** Hasil penelitian dianalisis menggunakan uji normalitas *Saphiro-Wilk* dan uji homogenitas *Levene*, hasilnya data berdistribusi normal dan varian sama. Setelah itu, dilanjutkan dengan uji analisis *One-Way ANOVA* dan didapatkan hasil  $p=0,000$ . Selanjutnya dilakukan uji *Post Hoc* dan secara umum didapatkan perbedaan bermakna antarkelompok.

**Simpulan:** Terdapat pengaruh pemberian ekstrak kulit pisang kepok terhadap kadar kolesterol total mencit obesitas.

Kata kunci: Dislipidemia, Kulit Pisang Kepok, Obesitas