

PENGARUH PEMBERIAN TEH DAUN MURBEI (*MORUS ALBA L.*) DENGAN
PENAMBAHAN KAYU MANIS (*CINNAMOMUM BURMANNI*) TERHADAP
KADAR KOLESTEROL DARAH PADA PENDERITA OBESITAS

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ABSTRAK

Latar Belakang: Angka obesitas di Indonesia terus meningkat setiap tahunnya di Indonesia. Penderita obesitas dapat terjadi gangguan regulasi lemak yang berakibat terhadap peningkatan kadar trigliserida dan kadar kolesterol dalam darah. Kandungan flavonoid dari daun murbei dan kayu manis mampu menurunkan kolesterol dalam tubuh.

Tujuan Penelitian: Mengetahui apakah ada pengaruh pemberian teh daun murbei (*morus alba l.*) dengan penambahan kayu manis(*cinnamomum burmanni*) terhadap kadar kolesterol pada penderita obesitas.

Metode Penelitian: Penelitian ini merupakan eksperimental semu dengan rancangan *non equivalent control group desain* dengan 2 kelompok intervensi. Pada kelompok perlakuan dan kontrol masing-masing sebanyak 19 sampel. Sampel berusia >18 tahun dengan status gizi obesitas. Intervensi diberikan selama 7 hari, pengukuran kadar kolesterol dilakukan sebelum dan sesudah intervensi menggunakan *easytouch GCU*. Data dikumpulkan dan dianalisis menggunakan Uji *Sample Paired T-Test*.

Hasil Penelitian: Pada kelompok perlakuan, rata-rata kadar kolesterol darah sebelum intervensi yaitu 237,37 mg/dL dan sesudah intervensi yaitu 212,58 mg/dL. Adapun pada kelompok kontrol, rata-rata kadar kolesterol darah sebelum intervensi yaitu 220,74 mg/dL dan sesudah intervensi yaitu 213,74 mg/dL. Tidak ada perbedaan perubahan signifikan pada kelompok perlakuan sebelum dan sesudah intervensi ($p=0,37$).

Kesimpulan: Tidak ada perbedaan kadar kolesterol darah sebelum dan sesudah pemberian teh daun murbei dengan penambahan kayu manis.

Kata kunci: Flavonoid, teh, dan kolesterol darah.

THE EFFECT OF ADDING CINNAMON (CINNAMOMUM BURMANNI) TO
MULBERRY LEAF TEA (MORUS ALBA L.) ON BLOOD CHOLESTEROL
LEVELS IN OBESITY PATIENTS

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ABSTRACT

Background: The obesity rate in Indonesia continues to increase every year in Indonesia. Obesity can lead to a disturbance in fat regulation resulting in an increase in triglyceride and cholesterol levels in the blood. The flavonoid content of mulberry leaves and cinnamon can lower cholesterol in the body.

Research Objective: To determine whether the administration of mulberry leaf tea (*morus alba l.*) with the addition of cinnamon (*cinnamomum burmanni*) has an effect on cholesterol levels in obese patients.

Research Methods: This study employed a quasi-experimental design with a non-equivalent control group design, consisting of two intervention groups. In the treatment and control groups, there were 19 samples each. The participants were over 18 years of age and had a status of obesity. The intervention was provided for 7 days, and the measurement of cholesterol levels was conducted before and after the intervention using an EasyTouch GCU. The data were collected and analyzed using a paired sample t-test.

Results of Research: In the treatment group, the average blood cholesterol level before the intervention was 237.37 mg/dL and after the intervention was 212.58 mg/dL. Meanwhile, in the control group, the average blood cholesterol level before the intervention was 220.74 mg/dL and after the intervention was 213.74 mg/dL. There was no significant difference between the treatment groups before and after the intervention ($p=0.37$).

Conclusion: There was no difference in blood cholesterol levels before and after administration of mulberry leaf tea with the addition of cinnamon.

Keywords: Flavonoids, Tea and Blood Cholesterol