

**PENGARUH PENAMBAHAN BUBUK KULIT KAYU MANIS
(*Cinnamomum burmanni*) PADA SABUN MANDI TERHADAP
PERSENTASE PENURUNAN ANGKA KUMAN**

Tiara Nela Sakindatama¹, Haryono², Tri Mulyaningsih³
¹²³ Jurusan Kesehatan Lingkungan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
Email : tiaranela01@gmail.com, haryono.kl@gmail.com,
tri.mulyaningsih@poltekkesjogja.ac.id

ABSTRAK

Latar belakang: Perilaku Hidup Bersih dan Sehat (PHBS) adalah upaya untuk menjaga kesehatan agar mewujudkan kehidupan yang lebih berkualitas. Contoh penerapan PHBS yaitu melakukan kebiasaan *personal hygiene* dengan cara mandi menggunakan sabun mandi. Sabun mandi dapat diperkaya dengan bahan alami berupa bubuk kulit kayu manis untuk meningkatkan antibakterial. Bubuk kulit kayu manis memiliki senyawa eugenol dan sinamaldehyd yang berpotensi sebagai antibakteri.

Tujuan: Mengetahui pengaruh penambahan bubuk kulit kayu manis pada sabun mandi terhadap persentase penurunan angka kuman.

Metode: Jenis penelitian ini adalah kuantitatif dengan desain penelitian *Quasi Experiment*, rancangan penelitian ini adalah *Non Randomized Control Group Pretest Posttest Design*. Objek pada penelitian ini adalah sabun mandi bubuk kulit kayu manis. Analisis data menggunakan uji statistik *Shaphiro-Wilk*, kemudian uji *One Way Anova* dan dilanjutkan dengan uji LSD.

Hasil: Hasil analisis deskriptif rata-rata selisih angka kuman setelah menggunakan sabun mandi dengan penambahan bubuk kulit kayu manis variasi 3 gram sebesar 20,1 koloni/cm² (32,52%), variasi 5 gram sebesar 21,6 koloni/cm² (62,06%), variasi 7 gram sebesar 24,3 koloni/cm² (49,59%) dan kontrol sebesar 10,1 koloni/cm² (10,94%). Hasil uji *One Way Anova* yaitu nilai *P-value* 0,029 artinya terdapat perbedaan. Uji LSD yaitu nilai *P-value* >0,05 artinya tidak ada beda antara variasi 3 gram, 5 gram, dan 7 gram

Kesimpulan: Dapat disimpulkan bahwa penambahan bubuk kulit kayu manis pada sabun mandi berpengaruh terhadap persentase penurunan angka kuman, dengan nilai *p-value* 0,029. Serta tidak ada variasi berat bubuk kulit kayu manis yang paling efektif terhadap penurunan angka kuman dengan *p-value* >0,05.

Kata kunci: Bubuk kulit kayu manis, sabun mandi, angka kuman

**THE EFFECT OF ADDING OF CINNAMON BARK POWDER
(*Cinnamomun burmanni*) IN BATH SOAP ON PERCENTAGE OF GERM
NUMBERS REDUCTION**

Tiara Nela Sakindatama¹, Haryono², Tri Mulyaningsih³

¹²³ Department of Environmental Health Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : tiaranela01@gmail.com, haryono.kl@gmail.com,
tri.mulyaningsih@poltekkesjogja.ac.id

ABSTRACT

Background: Clean and Healthy Living Behavior (PHBS) is an effort to maintain health in order to realize a more quality life. An example of implementing PHBS is doing personal hygiene habits by bathing using bath soap. Bath soap can be enriched with natural ingredients such as cinnamon bark powder to increase antibacterial properties. Cinnamon bark powder has eugenol and sinamaldehyde compounds that have potential as antibacterials.

Objective: To determine the effect of adding cinnamon bark powder to bath soap on the percentage of germ number reduction.

Methods: This type of research is quantitative with a Quasi Experiment research design, this research design is Non Randomized Control Group Pretest Posttest Design. The object of this research is cinnamon bark powder bath soap. Data analysis used the Shaphiro-Wilk statistical test, then the One Way Anova test and continued with the LSD test.

Results: The results of descriptive analysis of the average germ number difference after using bath soap with the addition of cinnamon bark powder variation 3 grams of 20.1 colonies / cm² (32.52%), variation 5 grams of 21.6 colonies /cm² (62.06%), variation 7 grams of 24.3 colonies/cm² (49.59%) and control of 10.1 colonies/cm² (10.94%). The result of One Way Anova test is Sig.0.029 which means there is a difference. LSD test is Sig value. >0.05 means there is no difference between variations of 3 grams, 5 grams, and 7 grams.

Conclusion: It can be concluded that the addition of cinnamon bark powder to bath soap affects the percentage of germ number reduction, with a p-value of 0.029. And there is no variation in the weight of cinnamon bark powder that is most effective in reducing the number of germs with a p-value > 0.05.

Keywords: Cinnamon bark powder, bath soap, germ numbers.