

# EFEKTIVITAS PEMBERIAN MINUMAN SEDUH SIROVIA (DAUN SIRSAK, BUNGA ROSELLA, DAN DAUN STEVIA) TERHADAP PENURUNAN KADAR KOLESTEROL PADA PENDERITA OBESITAS

Aldika Salma Nurhani<sup>1</sup>, Nur Hidayat<sup>2</sup>, Weni Kurdanti<sup>3</sup>

<sup>1,2,3</sup>Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jl. Tata Bumi No. 03, Banyuraden, Gamping, Sleman, Yogyakarta

email : [aldikasalma23@gmail.com](mailto:aldikasalma23@gmail.com)

## ABSTRAK

**Pendahuluan** : Obesitas merupakan salah satu masalah kesehatan yang berhubungan dengan peningkatan kadar kolesterol darah dan penyakit tidak menular, seperti diabetes tipe 2, kanker, dan penyakit kardiovaskular, bahkan dapat menyebabkan kematian di usia muda. Inovasi produk minuman seduh Sirovia dengan bahan dasar daun sirsak, bunga rosella, dan daun stevia dapat digunakan sebagai minuman fungsional untuk membantu menurunkan kadar kolesterol pada penderita obesitas.

**Tujuan** : Mengetahui efektivitas pemberian minuman seduh Sirovia (daun sirsak, bunga rosella, dan daun stevia) terhadap kadar kolesterol pada penderita obesitas.

**Metode** : Penelitian ini merupakan eksperimen semu (*quasi experiment*) dengan desain komparatif dua kelompok (*two-group comparative pre-post test design*). Penelitian melibatkan 34 responden obesitas usia 18–59 tahun dengan IMT >27 kg/m<sup>2</sup> yang dibagi menjadi kelompok perlakuan dan kelompok kontrol. Intervensi diberikan selama 14 hari. Kadar kolesterol diukur sebelum dan sesudah intervensi menggunakan *Easy Touch* GCU dan strip kolesterol. Analisis data menggunakan uji *Paired Sample t-test* dan *Independent t-test*.

**Hasil** : Rerata kadar kolesterol kelompok perlakuan menurun dari 241,12±31,21 mg/dL menjadi 233,24±37,33 mg/dL ( $p=0,239$ ), sedangkan kelompok kontrol berubah dari 225,29±30,23 mg/dL menjadi 216,06±37,85 mg/dL ( $p=0,266$ ). Analisis antar kelompok menunjukkan tidak terdapat perbedaan efektivitas penurunan kadar kolesterol yang bermakna ( $p=0,896$ ).

**Kesimpulan** : Pemberian minuman seduh Sirovia selama 14 hari belum efektif menurunkan kadar kolesterol pada penderita obesitas secara statistik. Meskipun demikian, secara deskriptif minuman seduh Sirovia menunjukkan kecenderungan menurunkan kadar kolesterol, sehingga minuman seduh Sirovia berpotensi dikembangkan sebagai minuman fungsional dalam menjaga kesehatan metabolik.

**Kata kunci** : Hiperkolesterolemia, minuman fungsional, antioksidan

## EFFECTIVENESS OF GIVING SIROVIA BREWED DRINK (SOURSOP LEAVES, ROSELLA FLOWERS, AND STEVIA LEAVES) ON REDUCING CHOLESTEROL LEVELS IN OBESITY PEOPLE

Aldika Salma Nurhani<sup>1</sup>, Nur Hidayat<sup>2</sup>, Weni Kurdanti<sup>3</sup>

<sup>1,2,3</sup> Department of Nutrition Health Polytechnic of the Ministry of Health  
Yogyakarta

Jl. Tata Bumi No. 03, Banyuraden, Gamping, Sleman, Yogyakarta

email : [aldikasalma23@gmail.com](mailto:aldikasalma23@gmail.com)

### ABSTRACT

**Background** : Obesity is a health issue associated with elevated blood cholesterol levels and non-communicable diseases such as type 2 diabetes, cancer, cardiovascular disease, and can even lead to premature death. The innovative Sirovia brewed drink, formulated from soursop leaves, roselle flowers, and stevia leaves, has the potential to serve as a functional beverage that helps lower cholesterol levels in individuals with obesity.

**Objective** : To determine the effectiveness of the Sirovia brewed drink (soursop leaves, roselle flowers, and stevia leaves) on cholesterol levels in individuals with obesity.

**Method** : This study employed a quasi-experimental design with a two-group comparative pre- and post-test structure. The study involved 34 obese respondents aged 18–59 years with a BMI >27 kg/m<sup>2</sup>, divided into a treatment group and a control group. The intervention was administered over a 14-day period. Cholesterol levels were measured before and after the intervention using an Easy Touch GCU device and cholesterol test strips. Data analysis was performed using Paired Sample t-tests and Independent t-tests.

**Results** : The mean cholesterol level in the treatment group decreased from 241,12±31,21 mg/dL to 233,24±37,33 mg/dL (p=0,239), while the control group changed from 225,29±30,23 mg/dL to 216,06±37,85 mg/dL (p=0,266). Between-group analysis revealed no statistically significant difference in the effectiveness of cholesterol reduction (p=0,896).

**Conclusion** : Administration of the Sirovia brewed drink for 14 days was not statistically effective in lowering cholesterol levels among individuals with obesity. However, descriptively, the Sirovia infusion showed a trend toward lowering cholesterol levels, suggesting its potential for development as a functional beverage to support metabolic health.

**Keywords**: Hypercholesterolemia, functional beverage, antioxidant