

Perbandingan efektivitas cuka apel dalam menurunkan berat badan tikus (*Rattus novergicus*) strain sprague dawley = Comparing the effectiveness between apple cider vinegar and mazindol in reducing weight of sprague dawley rats (*Rattus novergicus*)

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Abstrak

Belum banyak bukti ilmiah yang mendukung efektivitas cuka apel. Namun, penggunaannya sebagai agen penurun berat badan telah semakin meluas. Bahkan, di berbagai iklan penjualan produk, suplemen makanan ditampilkan seolah-olah memiliki manfaat seperti obat. Untuk itu, peneliti mengadakan penelitian eksperimental dan hipotesis yang akan diuji adalah efektivitas cuka apel tak sebaik yang dimiliki obat standar dalam menurunkan berat badan tikus strain Sprague Dawley. Tikus Sprague Dawley dengan berat 190- 250 gram digunakan sebagai sampel dalam penelitian ini. Ada 24 ekor tikus yang terbagi ke dalam 3 kelompok, yaitu kelompok kontrol (sebagai kontrol negatif), kelompok mazindol (sebagai kontrol positif), dan kelompok cuka apel. Ketiganya mendapat jenis makanan dan minuman yang sama. Berat badan dan tingkah laku tikus diamati selama dua minggu. Data berat badan sebelum dan sesudah terapi diambil dan dianalisis menggunakan uji hipotesis One Way Anova. Peneliti mendapati tidak adanya penurunan berat badan pada ketiga kelompok perlakuan. Akan tetapi, berat badan tikus terus mengalami peningkatan dari hari ke hari. Data peningkatan berat badan tersebut menunjukkan adanya perbedaan bermakna secara statistik antara kelompok kontrol dan kelompok cuka apel ($p = 0,012$). Sementara itu, tidak adanya perbedaan bermakna terlihat baik antara kelompok kontrol dan mazindol maupun kelompok mazindol dan cuka apel.

.....There is not much scientific evidence supporting the effectiveness of apple cider vinegar. However, its use as a weight loss agent has been increasingly widespread. In fact, in various advertising sales of products, food supplements appear as if it has benefits such as drugs. For that reason, researchers conducted experimental research and hypotheses to be tested is not as good as the effectiveness of apple cider that has a standard drug in losing weight strain of Sprague Dawley rats. Sprague Dawley rats weighing 190-250 grams are used as samples in this study. There were 24 rats divided into 3 groups, namely the control group (as a negative control), mazindol group (as positive control), and apple vinegar. All of those got kind of the same foods and beverages. Weight and attitude of rats were observed for two weeks. Weight data before and after therapy was taken and analyzed using One Way Anova test hypotheses. Researchers found no change in body weight in all three treatment groups. However, the weight of rats continued to increase from day to day. Weight gain data showed a statistically significant difference between control group and apple cider vinegar group ($p = 0.012$). Meanwhile, there is no significant differences either between control group and mazindol group or between mazindol group and apple cider vinegar group.