

Efektivitas Cuka Apel dalam Menurunkan Nafsu Makan Tikus (*Rattus Novergicus*) Strain Sprague Dawley = The Effectiveness Apple Cider Vinegar as Appetite Suppressants in Sprague Dawley Rats (*Rattus Novergicus*)

Liesta Dewi Gustiany, author

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Abstrak

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Cuka apel telah lama digunakan untuk menekan nafsu makan dengan tujuan untuk menurunkan berat badan. Namun, belum banyak bukti penelitian ilmiah yang membuktikan pengaruh penekanan nafsu makan tersebut. Dengan demikian peneliti melakukan sebuah studi eksperimental dengan hipotesis yang akan diuji adalah efektivitas cuka apel dalam menurunkan nafsu makan tikus tidak sebaik yang dimiliki mazindol.

Jenis tikus yang digunakan sebagai sampel penelitian adalah tikus Sprague Dawley dengan berat 190- 250 gram. Sampel berjumlah 24 ekor dan dibagi dalam 3 kelompok, yaitu kelompok kontrol (sebagai kontrol negatif), kelompok mazindol (sebagai kontrol positif), dan kelompok cuka apel. Semua sampel mendapat perlakuan yang sama. Nafsu makan, yang ditunjukkan oleh berat sisa makanan yang diamati selama 2 minggu. Data berat sisa makanan dianalisis menggunakan uji hipotesis One Way Anova dan uji Post Hoc. Peneliti mendapati ada perbedaan bermakna secara statistik berat sisa makanan antara kelompok kontrol dan kelompok cuka apel ($p = 0,000$) dengan uji One Way Anova dan ($p = 0,000$) dengan uji Post Hoc.

Sementara itu, tidak adanya perbedaan bermakna terlihat pada kelompok kontrol dan mazindol ($p = 0,623$) dengan uji Post Hoc. Dengan demikian disimpulkan efektivitas cuka apel dalam menurunkan nafsu makan lebih baik daripada mazindol.

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ABSTRACT

Apple cider vinegar has been used for ages in suppressing appetite in order to lose weight. Meanwhile, there are only few valid studies regarding this matter. Thereby, researcher conducted an experimental study and define the effectiveness of apple cider vinegar is not as good as mazindol for suppressing appetite as the hypothesis. Researcher used Sprague Dawley strain rats which weight are 190-250 grams as research sample. Twenty four rats divided into 3 groups, that is control group (as negative control), mazindol group (as positive control), and apple cider vinegar group. All samples given same treatment. Appetite assessed by the weight of leftovers which has been monitored for 2 weeks. The data of leftovers analyzed by One Way Anova and Post Hoc hypotheses tests. Researcher found that there is significance difference of leftovers between control and apple cider vinegar group ($p = 0,000$) using One Way Anova test and ($p = 0,000$) using Post Hoc test. Meanwhile there is no significance difference between control and mazindol group ($p = 0,623$) using Post Hoc hypothesis test. In conclusion, the effectiveness of apple cider vinegar in suppressing appetite is better than mazindol.;Apple cider vinegar has been used for ages in suppressing appetite in order to lose weight. Meanwhile, there are only few valid studies regarding this matter.

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