

# Pengaruh pemberian psyllium hydrophillic mucilloid pada karyawati dengan berat badan lebih di Rumah Sakit Pusat Pertamina Jakarta = Effect of psyllium hydrophillic mucilloid on weight loss in overweight female workers in Pertamina Central Hospital

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Abstrak

## <b>ABSTRAK</b>

Ruang lingkup dan cara penelitian : Telah dilakukan penelitian eksperimental terhadap 30 orang karyawati RSPP dengan IMT 25,2 -- 31,0. Penelitian bertujuan untuk melihat pengaruh pemberian Psyllium Hydrophillic Mucilloid ( PHM ) terhadap penurunan berat badan . Subyek dibagi menjadi dua kelompok secara acak sederhana . Kelompok I diberi diet rendah kalori seimbang, latihan fisis dan PHM. Kelompok lainnya diberi diet dan latihan fisis saja. Lama penelitian selama 8 minggu. Diet yang diberikan 500 - 1000 kalori di bawah kebutuhan kalori, dengan komposisi 12-15 % protein, 20 - 30 % lemak, 55 - 68 % karbohidrat. PHM diberikan 2 x 3,5 g / hari, dilarutkan dalam 200 ml air, diminum 30 menit sebelum makan. Latihan fisis diberikan 4 x / minggu berupa jalan kaki selama 1,5 jam.

Hasil dan kesimpulan : Terdapat penurunan berat badan + 3,44 kg pada kelompok serat dan + 2,93 kg pada kelompok non serat. Pengukuran lapisan lemak menunjukkan adanya penurunan sebesar + 0,97 % pada kelompok serat dan + 1,01 % pada kelompok non serat. Juga terjadi penurunan kolesterol total + 14,00 mg/dl dan + 12,33 mg/dl, trigliserida + 10,93 mg/dl dan + 8mg/dl, kolesterol LDL + 19,00 mg/dl dan 18,47 mg/dl dan kenaikan kolesterol HDL + 6,2 mg/dl dan + 7,3 mg/dl pada kelompok serat dan non serat. Uji statistik menunjukkan tidak ada perbedaan antara keduanya. Tidak terdapat perubahan kadar Hb. Terdapat perbedaan dalam rasa lapar dan asupan makanan, tetapi secara statistik tidak bermakna.

Kesimpulan : pemberian PHM belum dapat mengurangi rasa lapar dan belum dapat menurunkan asupan kalori, belum dapat menurunkan berat badan dan lemak tubuh secara bermakna, belum dapat memberikan perubahan pada profil lipid secara bermakna.

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## <i><br>ABSTRACT</i>

Effect Of Psyllium Hydrophillic Mucilloid On Weight Loss In Overweight Female Workers In Pertamina Central Hospital Scope and Method of Study : An experimental study was carried out in 30 healthy female workers from Pertamina Central Hospital Jakarta, during 8 weeks. The study was carried out, therefore, to investigate the effectiveness of a hydrophillic mucilage preparation in the treatment of obesity. Subject aged between 34 and 46 years and their BMI between 25.20 and 31.02 . The subjects were randomly divided into two groups. Group I received diet plus Psyllium Hydrophillic Mucilloid ( PHM ) and exercise. Group II received only diet and exercise. PHM was administered 3.5 g , twice daily, 30 minutes before meals, diluted in 200 ml water. The diet should furnish 500 -1000 kcal/ day less than maintenance requirement comprising of protein 0.8 to 1.2 g / kg body weight c.q. 12 to 15 % of total kcal, fat 20 to 30% , 55 - 68 % carbohydrate respectively and 15 to 25 fiber/1000 kcal. Exercise was carried out 4 times / week, with 1.5 hours duration of brisk walking. Weight and heart rate was recorded. Program was evaluated with anthropometry

measurement, determination of hemoglobin & lipid profile.

Findings and Conclusions : Group I showed a mean body weight decrease of + 3.4 kg while group II yielded a mean body weight decrease of only + 2.9 kg. The difference in body weight variations was not statistically significant. The body fat decrease of + 0.97 on group I and + 1.01 % on group II. No significant difference in total body fat reduction between the two groups studied. The mean plasma cholesterol values in group I was de - creased to + 14 mg / dl, while in group II + 12 mg/ dl . There was no significant difference between the two groups. Treatment with diet plus PHM caused a decrease mean plasma triglyceride of + 11 mg/dl and in the second group, there was a decrease of 8 mg / dl. The difference between the 'two groups were not statistically signifi cant . No change in appetite was reported by 66.7 % subjects group I and 33.3 % from group II . Moderate hungry was reported by 33.3% subjects group I and 53.3 % subjects group II. Severe hungry was reported by 13.3 % subjects group II. There was no significant difference in caloric intake.</i>