

## ABSTRAK

### **BODY MASS INDEX DAN KADAR HDL WANITA DISLIPIDEMIA DENGAN OBESITAS YANG DIINTERVENSI YOGURT KECAMBAH KACANG TANAH SARI AKAR ALANG-ALANG (YOCAMTALA)**

**Latar Belakang :** Dislipidemia berkaitan dengan peningkatan stres oksidatif dan memicu komplikasinya, seperti pembentukan aterosklerosis yang dapat menyebabkan penyakit jantung koroner (PJK). Produk yogurt berbasis kacang tanah dengan penambahan sari akar alang-alang (Yocamtala) mengandung senyawa antioksidan fenolik yang diharapkan dapat menghambat perkembangan dislipidemia dengan menurunkan *Body Mass Index* (BMI) dan meningkatkan kadar HDL.

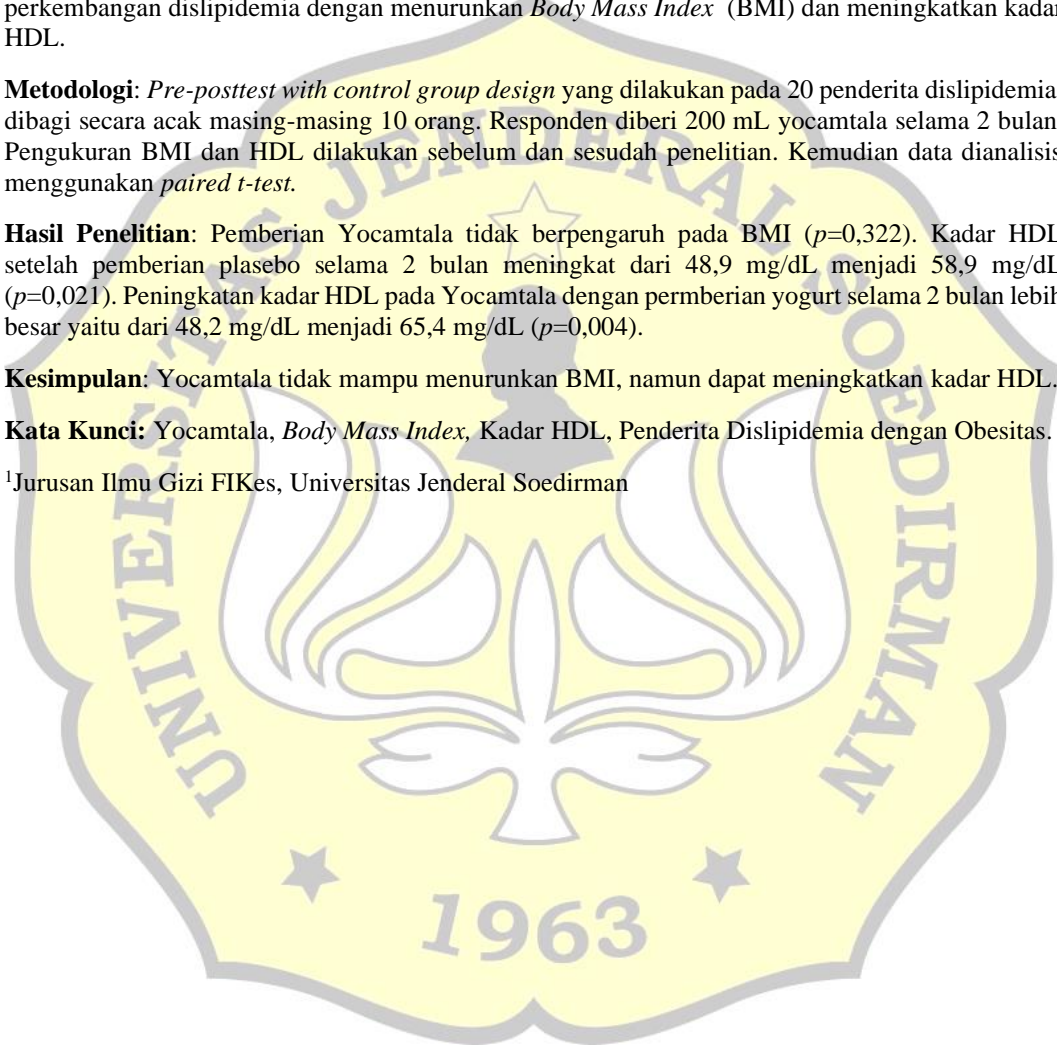
**Metodologi:** *Pre-posttest with control group design* yang dilakukan pada 20 penderita dislipidemia, dibagi secara acak masing-masing 10 orang. Responden diberi 200 mL yocamtala selama 2 bulan. Pengukuran BMI dan HDL dilakukan sebelum dan sesudah penelitian. Kemudian data dianalisis menggunakan *paired t-test*.

**Hasil Penelitian:** Pemberian Yocamtala tidak berpengaruh pada BMI ( $p=0,322$ ). Kadar HDL setelah pemberian plasebo selama 2 bulan meningkat dari 48,9 mg/dL menjadi 58,9 mg/dL ( $p=0,021$ ). Peningkatan kadar HDL pada Yocamtala dengan pemberian yogurt selama 2 bulan lebih besar yaitu dari 48,2 mg/dL menjadi 65,4 mg/dL ( $p=0,004$ ).

**Kesimpulan:** Yocamtala tidak mampu menurunkan BMI, namun dapat meningkatkan kadar HDL.

**Kata Kunci:** Yocamtala, *Body Mass Index*, Kadar HDL, Penderita Dislipidemia dengan Obesitas.

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## ABSTRACT

### **BODY MASS INDEX AND HDL LEVELS IN WOMEN WITH DYSLIPIDEMIA AND OBESITY INTERVENED WITH YOGURT CONTAINING PEANUT SPROUTS AND IMPERATA CYLINDRICA ROOT EXTRACT (YOCAMTALA)**

**Background:** Dyslipidemia is associated with increased oxidative stress, which can trigger complications such as the formation of atherosclerosis, potentially leading to coronary heart disease (CHD). Yogurt products based on peanut sprouts with the addition of Imperata cylindrica root extract (Yocamtala) contain phenolic antioxidant compounds that are expected to inhibit the development of dyslipidemia by reducing Body Mass Index (BMI) and increasing HDL levels.

**Methodology:** A pre-posttest design with a control group was conducted on 20 dyslipidemic patients, randomly divided into two groups of 10 each. Respondents were given 200 mL of Yocamtala for 2 months. BMI and HDL levels were measured before and after the study. The data were then analyzed using paired t-test.

**Research Results:** The administration of Yocamtala did not affect BMI ( $p=0.322$ ). HDL levels after placebo administration for 2 months increased from 48.9 mg/dL to 58.9 mg/dL ( $p=0.021$ ). The increase in HDL levels in the control group receiving Yocamtala for 2 months was greater, from 48.2 mg/dL to 65.4 mg/dL ( $p=0.004$ ).

**Conclusion:** Yocamtala was not able to reduce BMI, but it did increase HDL levels.

**Keywords:** Yocamtala, Body Mass Index, HDL Levels, Dyslipidemia Patients with Obesity.

