UJI AKTIVITAS BAKTERI ASAM LAKTAT (*Lactobacillus bulgaricus* dan *Streptococcus thermophilus*) DALAM MENGHAMBAT PERTUMBUHAN *Malassezia furfur*

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ABSTRAK

Malassezia furfur adalah suatu jamur lipofilik anggota flora normal kulit manusia yang dapat menjadi patogen pada keadaan tertentu. Efek samping obat berupa hepatotoksik kerap menjadi masalah dalam penggunaan obat berkepanjangan. Salah satu pencegahan yang dapat dilakukan adalah dengan mengkonsumsi minuman probiotik yang mengandung Bakteri Asam Laktat seperti yoghurt. Yoghurt diperkirakan dapat menghambat pertumbuhan jamur *Malassezia furfur*. Penelitian ini merupakan penelitian eksperimental *Post-test only with Control Group Design*. Penelitian menggunakan *Malassezia furfur* koleksi laboratorium Mikrobiologi FK Unsoed. Sampel dibagi menjadi 6 kelompok konsentrasi yaitu 0%, 80%, 85%, 90%, 95%, dan 100% yang dibandingkan zona hambat pertumbuhan jamur antar kelompok kontrol (konsentrasi 0%) dengan kelompok perlakuan masing-masing kelompok dilakukan *duplo*. Analisis data dilakukan dengan uji normalitas dan homogenitas, kemudian dilanjutkan dengan uji parametrik penggunaan *One Way ANOVA*. Hasil uji normalitas $p>0,05$ dan homogenitas $p>0,05$. Hasil uji *One Way ANOVA* menunjukkan adanya perbedaan signifikan antar kelompok dengan nilai $p=0,000$ ($p<0,05$). Kesimpulan penelitian ini adalah bakteri asam laktat (*Lactobacillus bulgaricus* dan *Streptococcus thermophilus*) dapat menghambat pertumbuhan jamur *Malassezia furfur* dimulai dari konsentrasi minimum 80%.

Kata Kunci: Bakteri asam laktat (*Lactobacillus bulgaricus, Streptococcus thermophilus*), *Malassezia furfur*, Yoghurt

LACTOBACILLUS BULGARICUS AND STREPTOCOCCUS THERMOPHILUS ACTIVITY TEST IN INHIBITING GROWTH OF M*alassezia Furfur*

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Abstract

Malassezia furfur is a lipophilic fungus that is a normal flora of human skin, which can become pathogenic under certain circumstances. The side effects of drugs in the form of hepatotoxics are often a problem in prolonged drug use. One prevention that can be done is to consume probiotic drinks that contain lactic acid bacteria such as yogurt. Yogurt is thought to inhibit the growth of the *Malassezia furfur*. This research is an experimental *Post-test only with Control Group Design*. The research used *Malassezia furfur's* Laboratory of Microbiology, Faculty of Medicine, Unsoed. Samples were divided into 6 concentration groups namely 0%, 80%, 85%, 90%, 95%, and 100% which its growth blocking zone would be compared to control group (0% concentration) with the treatment group. Each group was *duplicate*. Data analysis were conducted with normality and homogeneity tests, followed by a parametric test using *One Way ANOVA*. The results of the normality test $p > 0.05$ and homogeneity $p > 0.05$. Thet results *One Way ANOVA* showed a significant difference between groups with a value of $p = 0.000$ ($p < 0.05$). The conclusion of this study is that lactic acid bacteria (*Lactobacillus bulgaricus* and *Streptococcus thermophilus*) can inhibit the growth of *Malassezia furfur* starting from a minimum concentration of 80%.

Keywords: Lactic acid bacteria (*Lactobacillus bulgaricus*, *Streptococcus thermophilus*), *Malassezia furfur*, Yogurt